

Formula & Directions



Take 2 capsules in the morning and 2 in the evening, with water or food.

You can chew them, crush them and mix with food, swallow them whole or snap them in half.

If you are taking Inositol to support egg quality, take this supplement for 90 days before you try to conceive. This is the time it takes for an oocyte to mature into a mature egg ready to ovulate.

Nutritional Information		
Serving Size: 4 Tablets		
Servings Per Container: 30		
Ingredients	Amount Per Serving	* NRV
Myo Inositol	3900 mg	**
D Chiro Inositol	100 mg	**
Vitamin B6	420 mcg	30%
Folic Acid	200 mcg	100%
Chromium (from Chromium Picolinate)	100 mcg	250%

Ingredients
Myo Inositol DC 95% (Carrier 5% PVP), Bulking Agent (Microcrystalline Cellulose), D Chiro Inositol, Anti-caking Agents (Magnesium Stearate, Silicon Dioxide, Stearic Acid), Glazing Agent (Glycerine, HydroxyPropylMethylCellulose), Chromium Picolinate, Vitamin B6, Folic Acid.