



Inositol Support Caps



ND FORMULAS

Inositol Support Caps Supports Restful Sleep*

- Promotes restful sleep and overall relaxation
- Supports healthy mood and cognitive function
- Supports hormone balance
- Supports healthy blood sugar metabolism

ND Formulas Inositol Support capsules deliver 900 mg of myo-inositol per 1-capsule serving to promote brain health, restful sleep, and mental and emotional wellness. Inositol supports overall relaxation and facilitates proper metabolism of serotonin, often referred to as the “feel good neurotransmitter.”* Healthy serotonin metabolism may help support a positive mental outlook, balanced mood, and healthy response to everyday stressors.**

All ND Formulas Formulas Meet or Exceed cGMP Quality Standards

Inositol supplements taken during the day may help the body cope with occasional anxious feelings and stressful situations.* Inositol supplements taken at night may promote more restful sleep by helping the body achieve a relaxed state.* Inositol supplementation is versatile in supporting many metabolic functions in the body.*

Inositol is critical for overall human health. The highest concentrations of inositol can be found in the brain and central nervous system.* In the body, inositol supports cell metabolism and structure, nerve signaling, fat metabolism, hormone health, and blood sugar metabolism.* Dietary sources of inositol are found in animal and plant foods. Myo-inositol is the most abundant form of inositol, and it is found in fruits, beans, nuts, seeds, and grains. However, the most bioavailable form of inositol comes from lecithins, such as soy and sunflower lecithin. Although the liver and kidneys are able to create inositol, supplementation may be warranted due to reduced dietary intake, reduced inositol creation or utilization, or certain medications.* Inositol play an important role in the body’s ability to fall asleep and stay awake, mood health, hormone balance, and blood glucose metabolism.*

Highlights

- Contains 900 mg of myo-inositol per 1-capsule serving
- Gluten-free and dairy-free
- Non-GMO

ND FORMULA’S
INOSITOL SUPPORT CAPS



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Inositol Support Caps

STORAGE: Store at room temperature.
Keep out of reach of children.



INO120-PL-6

DIETARY SUPPLEMENT | 120 CAPSULES

SUGGESTED USE: Take one capsule per day,
or as directed by your health care practitioner.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
myo-Inositol	900 mg *

*Daily Value not established.

Other Ingredients: Cellulose (capsule),
microcrystalline cellulose, vegetable stearate.

Distributed by: ND Formulas
2308 Bellmore Avenue, Bellmore, NY 11710
www.ndformulas.com



***These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**

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