

**Inositol Powder** has been shown to calm symptoms of stress, anxiety, panic and depression.\*

Inositol is a natural ingredient of many foods, such as whole grains, nuts, beans, and fresh fruits. It supports normal brain and intestinal function by promoting proper neurotransmitter signaling.\*

**Suggested Use:**\* Take 1 level teaspoon as needed for symptom relief, dissolved in liquid or sprinkled on food. Adults and adolescents may take 3-6 level teaspoons per day. Children age 9 or younger may take 2-4 level teaspoons per day. Higher doses may be used as recommended by a physician. Store in a cool, dry place.

**Note:**\* Consult with a physician if you have any serious health concerns.

\* 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.

**For Information and Orders:**  
Toll Free: 1-855-955-1114  
www.GetHardy.com

**Send comments to:**  
PO Box 416  
Sweet Grass, MT 59484



QUALITY  
PRODUCT



SOY  
FREE



DAIRY  
FREE



GLUTEN  
FREE



VEGETARIAN  
FRIENDLY

# Inositol Powder

Dietary Supplement



helps to calm  
physical symptoms  
of stress, anxiety,  
panic and  
depression\*



NET WT. 8 oz (226.8 g)

## Supplement Facts

Serving Size: 1 teaspoon (4 g)  
Servings Per Container: 56

Amount Per Serving	% DV
Inositol	4000 mg †

† Daily Value (%DV) not established.

**Other ingredients:** Silicon dioxide.

**Note:** This product is sold by weight, not by volume. Contents may have settled during shipping.

**Guaranteed free of:** Yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium.

**Manufactured in USA for:**  
Hardy Nutritionals  
Box 919, Raymond, AB, T0K 2S0



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