



## NUTRITIONAL INFORMATION OF INOSITOL

Nutrient	Amount	Source	Nutrient	Amount	Source
Calories (KJ)	1703		Vitamin B1 (mg)	0	
Protein (g)	0.036		Vitamin B2 (mg)	0	
Fat (g)	0.2		Niacin (mg NE)	0	
Saturated fat (g)	0		Vitamin B6 (mg)	0	
Trans-fatty acids (g)	0		Folic Acid (mcg DFE)	0	
Monounsaturated fat (g)	0		Vitamin B12 (mcg)	0	
Polyunsaturated fat (g)	0		Pantothenic Acid (mg)	0	
Cholesterol (mg)	0		Biotin (ug)	0	
Total carbohydrate (g)	99.7		Choline	0	
Dietary fiber (g)	0		Phosphorus (mg)	0	
Soluble fiber (g)	0		Potassium (mg)	0	
Insoluble fiber (g)	0		Calcium (mg)	0	
Sugars (g)	0		Iron (mg)	0	
Moisture (g)	0.016		Magnesium (mg)	0	
Ash (g)	0.018		Zinc (mg)	0	
Sodium (mg)	0		Iodine (ug)	0	
Vitamin A (mcg)	0		Selenium (ug)	0	
Vitamin C (mg)	0		Copper (mg)	0	
Vitamin D (mcg)	0		Manganese (mg)	0	
Vitamin E (mg $\alpha$ )	0		Chromium (mcg)	0	
Vitamin K (mcg)	0		Molybdenum (mcg)	0	

Date: 5/5/2023