



SWANSON[®]
PREMIUM BRAND

bringing wellness to the world since 1969

Stinging Nettle Root

Herbal Supplement



100 capsules • 500 mg

• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take one capsule two to three times per day with water.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
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Stinging Nettle (Urtica dioica) (root)	500 mg *
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*Daily Value not established.

Other ingredients: Gelatin, may contain one or more of the following: microcrystalline cellulose (plant fiber), magnesium stearate, silica.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

PO Box 2803 • Fargo, ND 58108 USA

TO REORDER, CALL TOLL FREE **1-800-437-4148**
or visit our website at www.swansonvitamins.com



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