

The product label for Swanson GreenFoods is shown on a white, rounded rectangular container. The label features a green background with a collage of various fruits and vegetables. The brand name 'Swanson' is at the top in a white box. Below it, 'GreenFoods' is written in large, bold, white letters with a black outline. Underneath, 'Formulas' is in a smaller white box. The main text 'Full Spectrum® Wild Berry Complex' is in a large white box. Below that, 'capsules' is written in a smaller white box. At the bottom, 'Swanson' is again in a white box. The text 'Phytonutrient-Rich Green Foods' is also present.

Swanson
GreenFoods

Formulas

Phytonutrient-Rich
Green Foods

**Full Spectrum®
Wild Berry Complex**

capsules

Swanson

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 60

	Amount Per Serving	% Daily Value
Chokecherry (fruit)	350 mg	*
Black Raspberry (fruit)	200 mg	*
Red Raspberry (fruit)	150 mg	*
Lingonberry (fruit)	100 mg	*

*Daily Value not established.

Other ingredients: Gelatin, microcrystalline cellulose (plant fiber), croscarmellose sodium, stearic acid, may contain one or both of the following: magnesium stearate, silica.

Suggested use: As a dietary supplement, take two capsules two times per day with water.

