



**SWANSON**  
PREMIUM BRAND  
*bringing wellness to the world since 1969*

# Zinc Citrate

Mineral Supplement

50 mg elemental zinc per capsule

60 capsules



• 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 per day with food and water. Taking zinc on an empty stomach may cause stomach upset in some people.

**WARNING:** Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking any prescription medications or have a medical condition. Do not exceed recommended dosage. Not recommended for long-term use.

## Supplement Facts

Serving Size 1 Capsule

|                          | Amount Per Serving | % Daily Value |
|--------------------------|--------------------|---------------|
| Zinc (from zinc citrate) | 50 mg              | 333%          |

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

DISTRIBUTED BY SWANSON HEALTH PRODUCTS  
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TO REORDER, CALL TOLL FREE 1-800-437-4148  
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