



**SWANSON**<sup>®</sup>  
PREMIUM BRAND  
*bringing wellness to the world since 1969*

# Hops

Herbal Supplement

180 capsules • 310 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 two capsules two to three times per day, or as needed, with water.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 90

| Amount Per Serving            |         |
|-------------------------------|---------|
| Hops Flower (Humulus lupulus) | 620 mg* |
| *Daily Value not established. |         |

Other ingredients: Gelatin, rice bran, silica, magnesium stearate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS  
Fargo, ND 58104 USA  
TO REORDER, CALL TOLL FREE 1-800-437-4148  
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