



SWANSON[®]
PREMIUM BRAND
bringing wellness to the world since 1969

**Full Spectrum[®]
Rhodiola
Holy Basil
Valerian
Stress Complex**
Herbal Supplement

180 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 water.

WARNING: May cause drowsiness. Do not use while driving or operating heavy equipment. Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking prescription medications, especially sedatives or tranquilizers.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Holy Basil Leaf (<i>Ocimum sanctum</i>)	225 mg*
Rhodiola Root (<i>Rhodiola rosea</i>)	225 mg*
Valerian Root (<i>Valeriana officinalis</i>)	225 mg*

*Daily Value not established.

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