



bringing wellness to the world since 1969

Zinc (Citrate)

Mineral Supplement

60 capsules • 30 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 per day with food and water. Taking zinc on an empty stomach may cause stomach upset in some people.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Zinc (from zinc citrate)	30 mg	273%

Other ingredients: Microcrystalline cellulose (plant fiber), gelatin, magnesium stearate, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

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