

Swanson®
**SUPERIOR
HERBS**

St. John's Wort

Standardized
Herbal Supplement



120 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 one to three times per day with water or as recommended by your healthcare provider.

WARNING: Not recommended for pregnant or lactating women. If you are taking a prescription medication, including birth control pills, consult a healthcare professional before taking this product. This product may cause the skin and eyes to become photosensitive. Avoid lengthy exposure to natural sunlight or tanning salon lights. Discontinue use if reddening or inflammation of the skin develops.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
St. John's Wort Standardized Extract	300 mg*
(Hypericum perforatum) (standardized to minimum 0.3% hypericins) (aerial parts)	
*Daily Value not established.	

Other ingredients: Microcrystalline cellulose (plant fiber), gelatin, calcium palmitate.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE **1-800-437-4148**
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