



**SWANSON**  
PREMIUM BRAND

*bringing wellness to the world since 1969*

# Full Spectrum<sup>®</sup> Plantain (Leaf)

**Plantago major**  
Herbal Supplement

60 capsules • 400 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 water.

**WARNING:** Do not take this product if you are pregnant or nursing.

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Plantain Leaf (Plantago major) 400 mg\*

\*Daily Value not established.

Other ingredients: Gelatin, rice flour, may contain one or both of the following: magnesium stearate, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS  
Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148  
or visit our website at [www.swansonvitamins.com](http://www.swansonvitamins.com)



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