

Swanson®
**SUPERIOR
HERBS**

Stinging Nettles

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 two to three times per day with water.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Nettles Leaf Extract (Urtica dioica) 250 mg*
(standardized to minimum 1% silicic acid)

Nettles Root Extract 4:1 67.5 mg*
(Urtica dioica)

*Daily Value not established.

Other ingredients: Rice flour, gelatin, calcium palmitate, silica, maltodextrin.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

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