



- 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 two tablets three times per day with water.

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 90

| Amount Per Serving†                                                                  | % Daily Value |
|--------------------------------------------------------------------------------------|---------------|
| Protein                                                                              | <1 g          |
| Iron                                                                                 | 0.7 mg 4%     |
| Magnesium                                                                            | 6 mg 2%       |
| Selenium                                                                             | 1.25 mcg 2%   |
| Chromium                                                                             | 3.5 mcg 10%   |
| Parry's Vegetarian Certified Organic Spirulina™ (Arthrospira platensis) (microalgae) | 1 g *         |

†Typical analysis

\*Daily Value not established.

PRODUCT OF INDIA

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)

Certified Organic by Minnesota Crop Improvement Association (MCIA),  
St. Paul, MN 55108.

Parry's Vegetarian Certified Organic Spirulina™ is a trademark of Parry Nutraceuticals, Ltd.



SWR044  
6