



SWANSON[®]
PREMIUM BRAND
bringing wellness to the world since 1969

Blackstrap Molasses

with Iron
Mineral Supplement



120 capsules • 29 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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under age 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Iron (from ferrous fumarate)	29 mg 161%

Other ingredients: Rice flour, gelatin, microcrystalline cellulose (plant fiber), blackstrap molasses powder, 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



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