

Swanson® Condition Specific *Formulas*

Fibro Essentials

Dietary Supplement



90 veggie 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 veggie capsule per day with water.

WARNING: Consult with your healthcare provider before use if you are pregnant or nursing, or if you have or have had liver disease, kidney disease, elevated homocysteine or cancer.

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value	
Thiamin USP (vitamin B-1) (as thiamin HCl)	17 mg	1,417%
Riboflavin USP (vitamin B-2)	17 mg	1,308%
Niacin USP	25 mg NE	156%
Vitamin B-12 USP (as cyanocobalamin)	17 mcg	708%
Pantothenic Acid USP (as d-calcium pantothenate)	18 mg	360%
Choline FCC (from choline bitartrate)	15.6 mg	3%
Magnesium (from 100 mg magnesium hydroxide)	42 mg	10%
Malic Acid FCC	417 mg	*
DL-Methionine FCC	100 mg	*
TMG (trimethylglycine) (from BetaPower® Natural Betaine)	50 mg	*
Inositol FCC	17 mg	*

*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), rice flour, calcium palmitate, dicalcium phosphate, 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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