

swanson.com
or call 1-800-437-4148

- One-a-day formula
- Functional plant sterol nourishment for men's health needs
- Helps maintain healthy cholesterol levels

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one veggie capsule per day with water.

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WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Beta-Sitosterol

Cardiovascular and
Prostate Health

320 mg

HERBAL SUPPLEMENT | 30 VEGGIE CAPS

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving		
% Daily Value		
Zinc (from TRAACS® zinc glycinate chelate)	15 mg	136%
Selenium (from SelenoExcell® organically bound high-selenium yeast)	200 mcg	364%
Beta-Sitosterol [from Phytopin® pine phytosterols (Pinus) (trunk)]	320 mg	*

*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), brown rice flour, may contain one or both of the following: magnesium stearate, silica.

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