

Swanson®
Certified
Organic

Organic
Essiac

Eight Herb
Proprietary
Blend

Herbal Supplement in the Form of Tea



Net Wt 4 oz (113 grams) • 4-1 oz. Packets

Supplement Facts

Serving Size 4 Tablespoons Prepared Tea (2 fl oz)
Servings Per Container 72 (For Maintenance Use); 48 (For Aggressive Use)

	Maintenance Use Amount Per Serving	% Daily Value		Aggressive Use Amount Per Serving	% Daily Value
Essiac Proprietary Organic Herbal Complex	1.56 grams	*		2.33 grams	*
[organic blessed thistle (Cnicus benedictus) (upper stems, leaves, tops), organic burdock (Arctium lappa) (root), organic sheep sorrel (Rumex acetosella) (whole plant), organic red clover (Trifolium pratense) (stem and leaves), organic slippery elm (Ulmus rubra muhl) (inner bark), organic watercress (Nasturtium officinale) (whole plant), organic kelp (Ascophyllum nodosum) (whole plant), organic rhubarb (Rheum palmatum) (root)]					

*Daily Value not established.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
PO Box 2803 • Fargo, ND 58108 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



Certified Organic by QAI, San Diego, CA 92122.

Essiac Proprietary Eight Herb Formula is used under
license from Herbal Balance for Life, Inc.



Preparation: Boil 4½ cups (36 fl oz) of water in a stainless steel, glass or enamel pot. Do not use aluminum. Add one packet (1 oz) of Essiac Tea to boiling water and simmer for approximately 10 minutes, stirring occasionally. Remove from heat and allow to sit in the pot for 12 hours. Finally, stir and pour into a 1 quart glass container. Store in refrigerator for no longer than three weeks.

Suggested Use: Shake container prior to serving. As a dietary supplement, drink 4 tablespoons (2 fl oz) of prepared tea two times per day on an empty stomach. For aggressive use, drink 6 tablespoons (3 fl oz) three times per day on an empty stomach. Do not exceed 18 tablespoons (9 fl oz) per day.

WARNING: Do not take this product if you are pregnant or nursing or if you have or develop diarrhea, abdominal pain, or intestinal obstruction. Consult your healthcare provider before use if you are taking any prescription medications or if you have a medical condition, especially ulcers or kidney stones.



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