

| Amount per Serving                    | % DV |
|---------------------------------------|------|
| Goldenseal Root/Rhizome Extract 10 mg | **   |
| **Daily Value (DV) not established.   |      |

Other ingredients: gelatin (capsule), magnesium stearate, silica, titanium dioxide color

**Keep out of reach of children.** Safety sealed with printed inner seal. Do not use if seal is broken or missing.

**GLUTEN FREE.** No sugar, salt, yeast, wheat, soy, dairy products, artificial flavors, or preservatives.

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Green Bay, WI 54311 USA

**Questions?** 1-800-9NATURE / naturesway.com

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\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



# Sweet Defense™

Nutrients for  
Blood Sugar Metabolism\*

**Blood Sugar Health\***

**120 CAPSULES • DIETARY SUPPLEMENT**

**Recommendation:** Take 2 capsules three times daily with or after meals. **Warning:** Do not use this product if pregnant or nursing. If you have diabetes, or are taking any medications, consult a healthcare professional before use.

## Supplement Facts

Serving Size 2 Capsules / Servings per Container 60

| Amount per Serving                                      |        | % DV   |
|---------------------------------------------------------|--------|--------|
| Vitamin A (53% as beta carotene and as retinyl acetate) | 1.5 mg | 167%   |
| Vitamin C (ascorbic acid)                               | 200 mg | 222%   |
| Thiamin (vitamin B1)                                    | 25 mg  | 2,083% |
| Riboflavin (vitamin B2)                                 | 25 mg  | 1,923% |
| Niacin (as niacinamide and niacin)                      | 115 mg | 719%   |
| Vitamin B6 (as pyridoxine HCl)                          | 8 mg   | 471%   |
| Vitamin B12 (as cyanocobalamin)                         | 25 mcg | 1,042% |
| Pantothenic Acid (as calcium D-pantothenate)            | 100 mg | 2,000% |
| Choline (as choline bitartrate)                         | 40 mg  | 7%     |
| Zinc (as zinc gluconate)                                | 10 mg  | 91%    |
| Manganese (as manganese gluconate)                      | 2.3 mg | 100%   |
| Potassium (as potassium aspartate)                      | 50 mg  | 1%     |
| Inositol                                                | 200 mg | **     |
| L-Methionine                                            | 100 mg | **     |
| Adrenal Powder                                          | 65 mg  | **     |
| Betaine HCl                                             | 50 mg  | **     |
| Beet Root                                               | 50 mg  | **     |
| Wild Yam Root                                           | 50 mg  | **     |
| Barberry Root Extract                                   | 30 mg  | **     |