



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

Full Spectrum[®]
Irish Moss
Herbal Supplement

60 capsules • 400 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 one to two times per day with water.

WARNING: Consult your healthcare provider before use if you are pregnant, nursing or are taking any prescription medications.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Irish Moss (Chondrus crispus) (dried whole plant)	400 mg*
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*Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, silica, rice flour.

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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