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

- Comprehensive approach to prostate health
- Promotes healthy urinary tract flow and frequency
- Supports respiratory health

Science-Backed Quality Since 1969

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

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.

SWANSON®

Stinging Nettle Root

Prostate and Urinary Tract Health

500 mg per capsule

HERBAL SUPPLEMENT | **100 CAPSULES**

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
Stinging Nettle (Urtica dioica) (root)	500 mg*

*Daily Value not established.

Other ingredients: Gelatin, may contain one or more of the following: microcrystalline cellulose (plant fiber), magnesium stearate, silica.

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