

swanson.com

or call 1-800-437-4148

- Provides over 25 fruits and vegetables for real food nutrition
- Promotes optimal pH levels in the body

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one veggie capsule 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.

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SWANSON®

Fruit & Vegetable Blend

Essential Nutrition

REAL FOOD NUTRITION

DIETARY SUPPLEMENT | 60 VEGGIE CAPS

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving

Tomato Fruit.....	148 mg*
Spirulina.....	44 mg*
(Arthrospira platensis)	
(microalgae)	
Apple Pectin.....	36.8 mg*
Powder	
Sunflower Lecithin.....	33 mg*
Carrot Root.....	29.4 mg*
Alfalfa Leaf Juice.....	25.7 mg*
Concentrate	
Broccoli (florets).....	25.7 mg*
Chlorella.....	25.7 mg*
Parsley Leaf.....	25.7 mg*
Wheat Grass.....	25.7 mg*
Jerusalem Artichoke... 22 mg*	
Root Extract	
Spinach Leaf.....	22 mg*
Celery Stalk & Leaf..	14.7 mg*
Grapefruit Pectin.....	14.7 mg*
(peel)	
Lime Fruit.....	14.7 mg*
Orange Fruit.....	14.7 mg*
Pea Legume.....	14.7 mg*
Atlantic Kelp.....	7.35 mg*

Amount Per Serving

Brown Rice Flour.....	7.35 mg*
Cabbage Leaf.....	7.35 mg*
Kale Leaf.....	7.35 mg*
Lemon Juice.....	7.35 mg*
Onion Bulb.....	7.35 mg*
Pineapple Fruit.....	7.35 mg*
Papaya Fruit.....	5 mg*
Cranberry Fruit.....	4.4 mg*
Garlic Bulb.....	4.4 mg*
Apricot Fruit.....	3.68 mg*
Squash Fruit.....	3.68 mg*
Black Cherry Fruit.....	3.1 mg*
Beet Juice.....	1.47 mg*
Elderberry Fruit.....	1.47 mg*
Extract 4:1	
Grape Skin Extract..	1.47 mg*
Grape Seed.....	1.47 mg*
Extract (Vitis vinifera)	
(standardized to 95%	
proanthocyanidins)	
(fruit)	
Cayenne Pepper.....	820 mcg*

*Daily Value not established.

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

DISTRIBUTED BY SWANSON HEALTH PRODUCTS Fargo, ND 58104 USA

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