



**SWANSON**<sup>®</sup>  
PREMIUM BRAND

*bringing wellness to the world since 1969*

Full Spectrum<sup>®</sup>

# True Cinnamon (from Ceylon)

Cinnamomum verum  
Herbal Supplement

90 capsules • 600 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 three times per day with meals.

**WARNING:** Do not take this product if you are pregnant or nursing.

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Ceylon Cinnamon

(Cinnamomum verum) (bark)

600 mg\*

\*Daily Value not established.

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

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

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