

SWANSON®

Probiotics



Prune Regularity Complex

with Probiotics & FOS

Dietary Supplement

5 Billion CFU†

60 veggie capsules



• 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 veggie capsule per day with water.

WARNING: This product contains senna and cascara. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools or abdominal pain as this product may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication or have a medical condition. Not recommended for extended use.

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving

Cascara Sagrada Bark (Rhamnus purshiana)	100 mg*
Fenugreek Seed (Trigonella foenum-graecum)	100 mg*
Prune (Prunus domestica) (fruit)	100 mg*
Senna Leaf (Cassia angustifolia)	100 mg*
NutraFlora® scFOS® (short-chain fructooligosaccharides)	25 mg*
(providing 95% total fructooligosaccharides)	

Bifidobacterium bifidum	1 billion viable organisms†
Bifidobacterium infantis	1 billion viable organisms†
Bifidobacterium longum	1 billion viable organisms†
Lactobacillus casei shirota	1 billion viable organisms†
Lactobacillus plantarum	1 billion viable organisms†

*Daily Value not established.

†At time of manufacture.

Other ingredients: Microcrystalline cellulose (plant fiber), hypromellose (vegetable capsule), silica, magnesium stearate, calcium stearate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS • PO Box 2803 • Fargo, ND 58108 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
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