



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

Fo-ti (He-Shou-Wu)

Herbal Supplement

60 capsules • 500 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 per day with water.

WARNING: Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you have or have had liver disease.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Fo-ti (Polygonum multiflorum) (He-Shou-Wu) (root)	500 mg*
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*Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, microcrystalline cellulose (plant fiber), silica.

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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