



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

Full Spectrum[®]
Plantain
(Leaf)
Plantago major
Herbal Supplement

60 capsules • 400 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.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Plantain Leaf (Plantago major) 400 mg*

*Daily Value not established.

Other ingredients: Gelatin, rice flour, magnesium stearate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
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