



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

Yerva Mate

Herbal Supplement



120 capsules • 125 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 two capsules two times per day with water.

NOTICE: May contain a small amount of naturally occurring caffeine.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

Amount Per Serving	
Yerva Mate 4:1 concentrate (Ilex paraguariensis) (leaf) (equivalent to 1,000 mg)	250 mg*
*Daily Value not established.	
Other ingredients: Rice flour, gelatin, magnesium stearate.	

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

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