

swanson.com
or call 1-800-437-4148

- Helps maintain cartilage, tendons and ligaments
- Supports joint integrity, movement and flexibility

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, mix one scoop (4.2 g) in an 8 ounce glass of water or juice twice per day. Scoop included.

NOTE: Product contains a desiccant packet to maintain freshness. Do not eat the desiccant packet.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



SWANSON®

High Plains Collagen Hydrolysate Powder

Joint Health and Mobility

COLLAGENS TYPE I & III

DIETARY SUPPLEMENT | NET WT 16 OZ (1 LB) (454 G)

Supplement Facts

Serving Size 1 Scoop (4.2 g)
Servings Per Container 108

Amount Per Serving	
Calories	15
Protein	4 g
Collagen Hydrolysate (bovine)	4.2 g*
Typical Amino Acid Profile:	
Glycine	882 mg*
Proline	538 mg*
Hydroxyproline	512 mg*
Glutamic Acid	433 mg*
Alanine	374 mg*
Arginine	307 mg*
Aspartic Acid	252 mg*
Lysine	147 mg*
Serine	130 mg*
Leucine	113 mg*
Valine	101 mg*
Phenylalanine	88 mg*
Threonine	80 mg*
Isoleucine	63 mg*
Hydroxylysine	63 mg*
Histidine	46 mg*
Tyrosine	42 mg*
Methionine	38 mg*

Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
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