

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

- Provides key nutrients for hair, skin and nails
- Supports collagen formation
- Thickens and strengthens hair and nails

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one veggie capsule per day with water.

WARNING: For adults only. Consult your physician 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.



Bamboo Extract

Hair, Skin and Nails Support

STANDARDIZED TO 70% ORGANIC SILICA

HERBAL SUPPLEMENT | 60 VEGGIE CAPSULES

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving

Bamboo Extract	300 mg*
(Bambusa vulgaris) (stem and leaf) (standardized to 70% silica)	

*Daily Value not established.

Other ingredients: Rice flour, hypromellose (vegetable capsule), magnesium silicate.

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