

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

- Promotes healthy digestive function and elimination
- Carefully developed and tested formula for optimal results
- Traditional formula for colon lining health

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take two capsules per day with water.

**WARNING:** For adults only. Do not take this product if you are pregnant, may become pregnant or are nursing. Consult your healthcare provider before use if you have a medical condition, especially ulcers or an autoimmune condition. Discontinue use if you experience gastrointestinal discomfort or nausea. Not recommended for long-term use.

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**<sup>®</sup>

# Colon Helper

## Colon Cleansing Formula

Colon Health

**HERBAL FORMULA**

DIETARY SUPPLEMENT | 60 CAPSULES

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

### Amount Per Serving

Slippery Elm Bark ( <i>Ulmus rubra</i> )	292 mg*
Aloe Leaf ( <i>Aloe ferox</i> )	290 mg*
White Oak Bark ( <i>Quercus alba</i> )	144 mg*
Gentian Root ( <i>Gentiana lutea</i> )	72 mg*
Blue Vervain ( <i>Verbena hastata</i> ) (aerial parts)	72 mg*
Goldenseal Root ( <i>Hydrastis canadensis</i> )	30 mg*

\*Daily Value not established.

Other ingredients: Rice bran, gelatin, silica, magnesium stearate, stearic acid.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS  
 Fargo, ND 58104 USA • 1-800-437-4148

Rev 4 05 29 20

SW1761



0