

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

- Promotes bowel regularity and a healthy microbiome**
- Provides soluble fiber to help support healthy blood sugar**
- Supports cholesterol levels already within the normal range**

Suggested use: As a dietary supplement, chew three gummies per day. Chew thoroughly before swallowing. Gummies may stick together, but this does not affect the potency, quality or efficacy of the product.

WARNING: For adults only. Do not take if you are pregnant or nursing. Consult your healthcare provider before using this or any product if you are 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.



Supplement Facts

Serving Size 3 Gummies
Servings Per Container 20

Amount Per Serving	%Daily Value	
Calories	20	
Total Carbohydrates	8 g	3%†
Dietary Fiber	5 g	18%
Total Sugars	3 g	*
Includes 2 g Added Sugars		4%
Chicory Root	5 g	*
(<i>Cichorium intybus</i>)		

†Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

Other ingredients: Sugar, water, annatto extract (color), citric acid, coating (coconut oil, carnauba wax), fruit juice (color), natural orange, natural mixed berry and natural flavors, pectin, sodium citrate.

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