

swanson.com

or call 1-800-437-4148

- Traditionally used to support healthy digestion
- Traditional women's health tonic
- Full Spectrum® whole herb formula

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take one capsule two to three times per day with water.

**WARNING:** For adults only. Do not take this product if you are pregnant or nursing or if you have ulcers. Consult your healthcare provider 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.



SWANSON®

# Full Spectrum® Blessed Thistle

Digestive Health

400 mg per capsule

HERBAL SUPPLEMENT | 90 CAPSULES

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Blessed Thistle	400 mg*
<i>(Cnicus benedictus)</i> (aerial parts)	

\*Daily Value not established.

Other ingredients: Gelatin, stearic acid, magnesium stearate, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS  
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