

swanson.com

or call 1-800-437-4148

- Traditional Chinese herb for immune support and overall wellbeing
- Provides additional sleep support
- Full Spectrum® whole root formula

Science-Backed Quality Since 1969

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

WARNING: For adults only. Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking medication or have a medical condition, especially liver disease.

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®

Fo-Ti

HE-SHOU-WU

Immune Support

500 mg per capsule

HERBAL SUPPLEMENT | 60 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Fo-ti	500 mg*
<i>(Polygonum multiflorum)</i>	
<i>(He-Shou-Wu) (root)</i>	

*Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, microcrystalline cellulose (plant fiber), silica.

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

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