

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

- Supports cellular defenses
- Provides protection against free radical damage

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 any prescription medications or if you 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.



Indole-3-Carbinol with Resveratrol

Cellular Health

200 mg per capsule

DIETARY SUPPLEMENT | 60 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Indole-3-Carbinol	200 mg*
Resveratrol (from 200:1 standardized Polygonum cuspidatum root extract)	5 mg*

*Daily Value not established.

Other ingredients: Gelatin, silica, rice extract blend, microcrystalline cellulose (plant fiber).

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