

DISTRIBUTED BY SWANSON HEALTH PRODUCTS  
Fargo, ND 58104 USA • 1-800-437-4148  
or visit our website at [www.swanson.com](http://www.swanson.com)

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

**Tru-Fulvic® is a registered trademark of  
Natreon, Inc.**

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

This statement has not been evaluated by the Food and Drug  
Administration. This product is not intended to diagnose, treat,  
cure or prevent any disease.

Rev 1 02 08 19



**SWANSON®**

# Shilajit Extract

Brain Health and Energy

100 mg per capsule EXTRA STRENGTH

HERBAL SUPPLEMENT | 30 VEGGIE CAPS

## Supplement Facts

Serving Size 1 Veggie Capsule

### Amount Per Serving

Tru-Fulvic® Shilajit Extract	100 mg*
(Asphaltum) (mineral pitch) (standardized to minimum 70% fulvic acids & equivalents [DBPs (dibenzo A-pyrones) & DCPs (dibenzo-alpha- pyrone chromoproteins)])	

\*Daily Value not established.

Other ingredients: Brown rice flour,  
hypromellose (vegetable capsule),  
magnesium silicate.

SWH214



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