

swanson.com

or call 1-800-437-4148

- Maintains bone and dental health
- Increases calcium absorption and balance
- Boosts immune activity

Science-Backed Quality Since 1969

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

WARNING: For adults only. Consult your healthcare provider before use if you are pregnant or nursing, if you have a medical condition, or if you are taking any prescription medication. Do not exceed recommended dose.

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®

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Complex

**WITH VITAMINS D2 AND D3
Bone and Immune Health**

2,000 IU (50 mcg) per capsule

VITAMIN SUPPLEMENT | 60 VEGGIE CAPS

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value
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Vitamin D 50 mcg	250%
(50% as ergocalciferol, 50% as cholecalciferol)	

Other ingredients: Rice bran, hypromellose (vegetarian capsule), silica, magnesium stearate.

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