

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

- Total wellness for mind, body & home
- Unsurpassed purity & potency
- 100% money back guaranteed

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take two capsules per day with water or as recommended by your healthcare provider.

**WARNING:** For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, 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.



# Wild Yam Root

Menopause Support

ROOT & EXTRACT

HERBAL SUPPLEMENT | 100 CAPSULES

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 50

### Amount Per Serving

Wild Yam Root Extract	810 mg*
(10% diosgenin)	
Wild Yam Root	190 mg*

\*Daily Value not established.

Other ingredients: Rice flour, gelatin.

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