

swanson.com

or call 1-800-437-4148

- Supports immune function
- Essential nutrient for healthy vision
- Boosts antioxidant activity

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule per day with food and water. Taking zinc on an empty stomach may cause stomach upset in some people.

WARNING: For adults only. Do not take this product if you are pregnant or nursing. Consult your healthcare provider before using this or any product if you are taking medication or have a medical condition. Do not exceed recommended dosage. Not recommended for long-term use.

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.



Zinc Citrate

Immune Support

50 mg elemental zinc OPTIMAL ABSORPTION

MINERAL SUPPLEMENT | 60 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Zinc 50 mg (from zinc citrate)	455%

Other ingredients: Microcrystalline cellulose (plant fiber), gelatin, magnesium stearate, silica.

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