

**swanson.com**

or call 1-800-437-4148

- Patented Albion® glycine-chelated form for optimum absorption
- Essential trace mineral

**Science-Backed Quality Since 1969**

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

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



**SWANSON**

# Albion® Manganese

## Antioxidant Support

**10 mg per capsule** | **AMINO ACID CHELATE**

**MINERAL SUPPLEMENT | 180 CAPSULES**

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Manganese 10 mg (from TRAACS® manganese bisglycinate chelate)	435%

Other ingredients: Rice flour, citric acid, gelatin, maltodextrin, magnesium stearate, silica.

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