

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

- Highly absorbable citrate form of essential minerals
- Healthy blood lipid and metabolism support**
- Helps support healthy blood glucose metabolism**

Science-Backed Quality Since 1969

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

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.



SWANSON

Mineral Citrate Complex

CALCIUM, MAGNESIUM, ZINC, POTASSIUM

Cardiovascular and Blood Sugar Support**

HIGHLY ABSORBABLE CITRATE FORMS

MINERAL SUPPLEMENT | 60 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Calcium	75 mg	6%
(from calcium citrate)		
Magnesium	30 mg	7%
(from magnesium citrate)		
Zinc (from zinc citrate)	2 mg	18%
Potassium	49.5 mg	1%
(from potassium citrate)		

Other ingredients: Gelatin, microcrystalline cellulose (plant fiber), magnesium stearate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA • 1-800-437-4148 Rev 2 05 23 23

SWU421

