

Swanson® Condition Specific Formulas

Colon Essentials

Dietary Supplement

90 capsules



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one capsule per day with food and water.

WARNING: Consult with your healthcare provider before use if you are pregnant or nursing or if you have or have had liver disease, kidney disease, elevated homocysteine or cancer.

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin A USP (as beta-carotene)	2,500 IU	50%
Vitamin C USP (as ascorbic acid)	100 mg	167%
Vitamin D (as cholecalciferol)	50 IU	13%
Folic Acid USP	50 mcg	13%
Calcium (from calcium citrate)	125 mg	13%
Magnesium (from magnesium oxide)	60 mg	15%
Zinc (from zinc oxide)	7.5 mg	50%
Selenium (from amino acid chelate)	5 mcg	7%
Copper (from copper gluconate)	1 mg	50%
Manganese (from manganese gluconate)	1.5 mg	75%
Odor-Controlled Garlic (Allium sativum) (bulb)	125 mg	*
Propolis	100 mg	*
DL-Methionine FCC	75 mg	*
Beta-Sitosterol	50 mg	*
Curcumin (rhizome)	50 mg	*
Inulin	25 mg	*
Acidophilus	50 Million CFU†	*

*Daily Value not established.

†At time of manufacture.

Other ingredients: Gelatin, magnesium stearate.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS** PO Box 2803 • Fargo, ND 58108 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com



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4