



SWANSON[®]

BEST WEIGHT-CONTROL FORMULAS

Lecithin, Kelp, B-6 & Cider Vinegar

Dietary Supplement

240 tablets

• 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 two tablets three times per day with water after meals.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 120

Amount Per Serving	% Daily Value
Vitamin B-6 USP (as pyridoxine HCl)	8 mg 471%
Lecithin Granules (from soy)	200 mg *
Alfalfa (aerial parts)	100 mg *
Cider Vinegar Powder	80 mg *
Atlantic Kelp (<i>Ascophyllum nodosum</i>) (standardized to 0.4% iodine)	40 mg *

*Daily Value not established.

Other ingredients: Calcium carbonate, microcrystalline cellulose (plant fiber), stearic acid, maltodextrin, acacia, dicalcium phosphate, magnesium stearate, aqueous film-coating (purified water, hydroxypropyl methylcellulose, vegetable glycerin), croscarmellose sodium, tricalcium phosphate, silica, hydroxypropyl cellulose.

Contains: Crustacean shellfish (lobster, shrimp, crab), soy and dairy.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148

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