



# SWANSON<sup>®</sup>

## BEST WEIGHT-CONTROL FORMULAS

### *Extra-Strength Lecithin, Kelp, B-6 & Cider Vinegar*

Dietary Supplement

120 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 one tablet three to four times per day with water.

## Supplement Facts

Serving Size 1 Tablet

| Amount Per Serving                                   | % Daily Value |      |
|------------------------------------------------------|---------------|------|
| Vitamin B-6 (as pyridoxine HCl)                      | 15 mg         | 882% |
| Lecithin (from soy)                                  | 400 mg        | *    |
| Alfalfa Leaf (Medicago sativa)                       | 150 mg        | *    |
| Apple Cider Vinegar Powder                           | 120 mg        | *    |
| Atlantic Kelp<br>(Ascophyllum nodosum) (0.5% iodine) | 35 mg         | *    |

\*Daily Value not established.

Other ingredients: Microcrystalline cellulose (plant fiber), croscarmellose sodium, stearic acid, calcium carbonate, calcium palmitate, pharmaceutical glaze, silica, tricalcium phosphate, acacia, maltodextrin, hydroxypyl cellulose.

Contains shellfish (lobster, shrimp, crab) and soy.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

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