



SWANSON[®]
PREMIUM BRAND
bringing wellness to the world since 1969

Stinging Nettle Root

Herbal Supplement

100 capsules • 500 mg



• 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 one to two times per day with water.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Stinging Nettle (<i>Urtica dioica</i>) (root)	500 mg*
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*Daily Value not established.

Other ingredients: Gelatin, may contain one or more of the following: microcrystalline cellulose (plant fiber), magnesium stearate, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

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