

Swanson ULTRA®

The Most Advanced Nutrition Technology

VEG CAPS

Ultimate Vitamin C Formula Mineral Ascorbate Complex with Bioflavonoids

Dietary Supplement



60 VEGGIE 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 veggie capsule one to two times per day with food and water.

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid, zinc ascorbate, chromium ascorbate)	500 mg 556%
Magnesium (from magnesium carbonate)	17 mg 4%
Zinc (from zinc ascorbate)	3 mg 27%
Manganese (from manganese carbonate)	0.25 mg 11%
Chromium (from chromium ascorbate)	30 mcg 86%
Molybdenum (from sodium molybdate)	25 mcg 56%
Potassium (from potassium bicarbonate)	37.5 mg <1%
Citrus Bioflavonoid Complex (from orange peel and fruit)	100 mg *
Quercetin (Sophora japonica) (flower buds)	7.5 mg *

*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), brown rice flour, calcium carbonate, calcium palmitate, maltodextrin, acacia.

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Fargo, ND 58104 USA

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