



**SWANSON**<sup>®</sup>  
PREMIUM BRAND

*bringing wellness to the world since 1969*



**Full Spectrum**<sup>®</sup>  
**Wild Yam**  
Herbal Supplement

60 capsules • 400 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.

**WARNING:** Do not take this product if you are pregnant or nursing.

**Supplement Facts**

Serving Size 1 Capsule

Amount Per Serving

Wild Yam Root (*Dioscorea villosa*) 400 mg\*

\*Daily Value not established.

Other ingredients: Gelatin, rice flour, magnesium stearate, silica.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

Fargo, ND 58104 USA

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

or visit our website at [www.swansonvitamins.com](http://www.swansonvitamins.com)



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