

Swanson®
**Condition
Specific**
Formulas

Vision Essentials

Dietary Supplement



60 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 two capsules two times per day with water and food. Women who are pregnant or likely to become pregnant should not exceed recommended dosage.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A USP (as retinyl palmitate)	4,000 IU	80%
Vitamin A USP (as beta-carotene)	5,000 IU	100%
Vitamin C USP (as ascorbic acid)	750 mg	1,250%
Vitamin E USP (as d-alpha tocopheryl succinate)	200 IU	666%
Riboflavin (vitamin B-2)	25 mg	1,470%
Zinc [from zinc monomethionine (OptiZinc®)]	12.5 mg	84%
Selenium (from selenomethionine)	100 mcg	142%
Copper (from copper glycinate and gluconate)	1 mg	50%

Citrus Bioflavonoid Complex, 125 mg*; Quercetin (bioflavonoid), 125 mg*;
Taurine FCC, 100 mg*; Bilberry Extract (standardized to 25% anthocyanins)
(fruit), 30 mg*; L-Glutathione, 12.5 mg*; Lutein (from marigold extract),
3 mg*; Zeaxanthin (from marigold extract), 150 mcg*

*Daily Value not established.

Other ingredients: Rice flour, gelatin, magnesium stearate, lutein beadlets (marigold extract, cellulose gum, sucrose, natural tocopherols, ascorbyl palmitate).

DISTRIBUTED BY SWANSON HEALTH PRODUCTS PO Box 2803 • Fargo, ND 58108 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com

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