

Swanson® Condition Specific Formulas

Cholesterol Essentials

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 two tablets per day with food and water.
WARNING: Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking any prescription medications. Because chromium may enhance sensitivity to insulin and affect glucose levels, diabetics and hypoglycemics should consult their healthcare provider before using this product.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin C USP (as ascorbic acid)	500 mg 556%
Thiamin USP (vitamin B-1) (as thiamin HCl)	7 mg 583%
Riboflavin USP (vitamin B-2)	7 mg 538%
Niacinamide	107 mg NE 669%
Vitamin B-6 USP (as pyridoxine HCl)	7 mg 412%
Folate	335 mcg DFE 84%
	(200 mcg folic acid)
Vitamin B-12 USP (as cyanocobalamin)	200 mcg 8,333%
Biotin USP	60 mcg 20%
Pantothenic Acid USP (as d-calcium pantothenate)	6.2 mg 124%
Chromium (from Chromax® chromium picolinate)	200 mcg 571%
Commiphora Mukul	500 mg *
(standardized to 2.5% guggulsterones) (resin)	
Lecithin (from soy)	300 mg *
Oat Bran Fiber	300 mg *
Phosphatidylcholine	200 mg *
(from lecithin and phosphatidylcholine)	
Odor-Controlled Garlic (Allium sativum) (bulb)	150 mg *
Beta-Sitosterol	50 mg *
Citrus Bioflavonoids	50 mg *
Choline Bitartrate FCC	6.4 mg *
Inositol FCC	6.4 mg *
PABA (para-aminobenzoic acid)	6.4 mg *

*Daily Value not established.

Other ingredients: Silica, microcrystalline cellulose (plant fiber), stearic acid, magnesium stearate, croscarmellose sodium, calcium carbonate, food grade.

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

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