

Swanson® Condition Specific *Formulas*

Hormone Essentials

Dietary Supplement

120 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 capsule three times 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 medication or if you have a medical condition. Discontinue use if you experience gastrointestinal discomfort. Contains dong quai, avoid lengthy exposure to natural sunlight and other sources of UV light as this product may increase your skin's photosensitivity, resulting in sunburn or skin rash.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Vitamin B-6 USP (as pyridoxine HCl)	33 mg 1,941%
Magnesium (37.5 mg from magnesium oxide, 37.5 mg from amino acid chelate)	75 mg 18%
Motherwort (5:1 concentrate) (aerial parts)	100 mg *
Vitex Chasteberry Extract (0.5% agnusides) (fruit)	100 mg *
Dong Quai Extract (root)	75 mg *
Black Cohosh Extract (standardized to 2.5% triterpene-glycosides) (root)	50 mg *
SoyLife® Soy Germ Complex (2% soy isoflavones)	25 mg *

*Daily Value not established.

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

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TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com

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