

Swanson® Condition Specific Formulas

Thyroid Essentials

Dietary Supplement

90 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 two times per day with food and water.

WARNING: Do not take this product if you are pregnant or nursing, or if you have or have had low blood pressure, a blood coagulation disorder, or gastric ulcers. Do not take this product if you are taking prescription medications, especially blood pressure, blood-thinning, or anti-asthmatic medications. Discontinue use two weeks prior to surgery.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Thiamin (as thiamin mononitrate) (vitamin B-1)	25 mg 2,083%
Riboflavin (vitamin B-2)	25 mg 1,923%
Niacin (as niacinamide)	25 mg NE 156%
Vitamin B-6 (as pyridoxine HCl)	25 mg 1,471%
Folate (25 mcg folic acid)	40 mcg DFE 10%
Vitamin B-12 (as cyanocobalamin)	25 mcg 1,042%
Pantothenic Acid (as calcium pantothenate)	25 mg 500%
Iodine (from kelp)	100 mcg 67%
Magnesium (from magnesium oxide)	25 mg 6%
Zinc (from zinc oxide)	25 mg 227%
Selenium (from selenomethionine)	50 mcg 91%
Copper (as copper gluconate)	2 mg 222%
L-Tyrosine	150 mg *
Coleus forskohlii (standardized to 10% forskolin) (root)	50 mg *

* Daily Value not established.

Other ingredients: Rice flour, gelatin, magnesium stearate.

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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