

LEE SWANSON

Signature
Line

Genetic Designed Nutrition™ Longevity

Dietary Supplement

210 veggie 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 14 capsules per day with food and water.
WARNING: Because chromium may enhance insulin sensitivity and affect glucose levels, diabetics and hypoglycemics should consult their healthcare provider before using this product.

Supplement Facts

Serving Size 14 Veggie Capsules (7 veggie capsules morning/7 veggie capsules evening)
Servings Per Container 15

Amount Per Serving	% Daily Value
Vitamin A...3,300 mcg RAE.....367%	
(from Carotin® natural mixed carotenoid complex)	
Vitamin C.....2,600 mg.....2,888%	
(from calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate and acerola 4:1 extract)	
Vitamin D.....10 mcg.....50%	
(as cholecalciferol)	
Vitamin E.....268.5 mg.....1,790%	
(as d-alpha tocopheryl succinate)	
Thiamin.....125 mcg.....10,417%	
(Vitamin B-1) (as Thiamin HCl)	
Riboflavin.....50 mg.....3,846%	
(Vitamin B-2)	
Niacin.....200 mg NE.....1,250%	
(from niacinamide, inositol hexanicotinate and niacin)	
Vitamin B-6.....100 mg.....5,882%	
(as pyridoxine HCl)	
Folate.....1,335 mcg DFE.....330%	
(800 mcg folic acid)	
Vitamin B-12.....600 mcg.....25,000%	
(as cyanocobalamin)	
Biotin.....3,000 mcg.....10,000%	
Pantothenic Acid.....600 mg.....12,000%	
(as d-calcium pantothenate)	
Choline.....120 mg.....22%	
(as choline bitartrate)	
Calcium.....227 mg.....17%	
(from calcium ascorbate, d-calcium pantothenate and calcium d-glucarate)	
Iodine (from Kelp).....75 mcg.....50%	
Magnesium.....325 mg.....77%	
(from magnesium oxide, magnesium ascorbate, magnesium aspartate, magnesium citrate, magnesium glycinate and magnesium arginate)	
Zinc (from zinc.....35 mg.....318%	
methionate (OptiZinc®) and zinc succinate)	
Selenium (50%.....200 mcg.....363%	
from L-Se-methylselenocysteine & 50% from L-selenomethionine)	

Other ingredients: Hypromellose (vegetable capsule), rice flour, calcium laurate, maltodextrin, dicalcium phosphate, magnesium carbonate, starch, citric acid, sulfatol, palm oil, alginatol, sucrose, silicat, mixed tocopherol, cellulose gum, silic acid, gum acaci, ethylcellulose, caramel color, dextrin, microcrystalline cellulose (plant fiber), sodium ascorbate, magnesium silicate, sugar beet, medium-chain triglyceride. Contains soy and wheat. †From active ingredients.

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CereCalase® is a registered trademark of National Enzyme Company.

ChromMater, a patented, biologically active oxygen-coordinated niacin-bound chromium complex, is a registered trademark of InterHealth Nutraceuticals, Inc., U.S. patents #4,923,855; #4,954,492; and #5,194,615.
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Amount Per Serving	% Daily Value
ed-s® Enzyme.....61 mg.....	
Digestive pectinase, CereCalase® (hemocellulase, beta-glucanase, phytase), cellulase, lipase, amylase, protease, glucoamylase, pectinase MegaNatural® Gold.....50 mg.....	
Grape Seed Extract (Vitis vinifera) (standardized to 90% polyphenols)	
LinumLife® Extra.....50 mg.....	
Flaxseed Lignan Extract	
Elagic Acid.....40 mg.....	
(from pomegranate and extract (Punica granatum))	
Olive Leaf Extract.....40 mg.....	
(standardized to minimum 18% oleuropein)	
Bilberry Extract.....35 mg.....	
(Vaccinium myrtillus) (fruit) (standardized to minimum 25% anthocyanins)	
BioVn® Grape.....25 mg.....	
Extract (Vitis vinifera L.) (whole grapes)	
Apple Polyphenols.....20 mg.....	
(from apple fruit extract)	
Bromelain.....15 mg.....	
(2,400 GDU) (from pineapple)	
Lutein.....15 mg.....	
(from marigold flower extract)	
Pantear®.....10 mg.....	
(coenzyme A precursor) (from Pantear® 55% pentenine)	
Lycopene.....3 mg.....	
(from tomato extract)	
Sulforaphane.....1.5 mg.....	
(from broccoli sprout extract)	
Resveratrol.....1 mg.....	
(from Polygonum cuspidatum root extract)	
Zeaxanthin.....749 mcg.....	
(from marigold flower extract)	

*Daily Value not established.



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