

Swanson® Condition Specific Formulas

Ear 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 per day with water.

WARNING: Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if taking blood-thinning medications or if you have or have had a blood coagulation disorder or low blood pressure.

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value
Thiamin (vitamin B-1) (as thiamin mononitrate)	4 mg 333%
Riboflavin (vitamin B-2)	30 mg 2,308%
Niacin (as inositol hexanicotinate)	30 mg NE 187.5%
Vitamin B-6 (as pyridoxine HCl)	4 mg 235%
Folate	1,333 mcg DFE 333% (800 mcg folic acid)
Vitamin B-12 (as methylcobalamin)	600 mcg 25,000%
Magnesium (from TRAACS® magnesium lysyl glycinate chelate)	100 mg 24%
Zinc (from TRAACS® zinc bisglycinate chelate)	12 mg 109%

Acetyl L-Carnitine (as acetyl L-Carnitine HCl), 300 mg*; N-Acetyl-L-Cysteine, 30 mg*; Butcher's Broom Extract (Ruscus aculeatus) (root) (standardized to 10% ruscogenin), 24 mg*; GINKGOSELECT® Ginkgo biloba Leaf Extract (standardized to 24% ginkgoflavonglycosides, 6% total terpene lactones, <5 ppm ginkgolic acid), 24 mg*; Alpha-Lipoic Acid, 20 mg*; Vinpocetine 16 mg*; Coenzyme Q10, 15 mg*; TMG (trimethylglycine) (from natural betaine), 4 mg*

*Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, silica, microcrystalline cellulose (plant fiber), hydroxypropyl methylcellulose.

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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