

Swanson® Condition Specific Formulas

Prostate Essentials Plus

Dietary Supplement



90 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 one veggie capsule two times per day with water.

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value
Zinc (from zinc picolinate)	15 mg 136%
Selenium (from Selenium SeLECT® L-selenomethionine)	50 mcg 91%

Stinging Nettles 4:1 Concentrate
(Urtica dioica) (leaf) 120 mg *

Saw Palmetto Berry Extract
(Serenoa repens) [standardized to 45% fatty acids (40 mg)] *

Korean Ginseng Root (Panax ginseng) 50 mg *

Pygeum africanum Bark Extract
[standardized to 3% phyosterols (1.5 mg)] *

Pumpkin Seed (Cucurbita pepo) 40 mg *

Glycine 25 mg *

L-Alanine 25 mg *

L-Glutamic Acid 25 mg *

Beta-Sitosterol 20 mg *

Lycopene (from tomato fruit) 2.5 mg *

* Daily Value not established.

Other ingredients: Vegetable capsule (hypromellose, sodium copper chlorophyllin), lycopene beads (gelatin, sucrose, modified cornstarch, ascorbyl palmitate, mixed tocopherols), silica, rice bran, L-leucine, maltodextrin.

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