

Swanson® Condition Specific Formulas

Cognitive Essentials

Dietary Supplement

60 tablets



• 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 tablet two times per day with water.
WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under age six. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene and mixed carotenoids)	300 mcg RAE33%
Vitamin C (as ascorbic acid, sodium ascorbate, calcium ascorbate, potassium ascorbate, and ascorbyl palmitate)	125 mg139%
Vitamin D (as cholecalciferol)	1.3 mcg7%
Vitamin E (as d-alpha tocopheryl succinate)	10 mg67%
Thiamin (as thiamin mononitrate) (vitamin B-1)	1.5 mg125%
Riboflavin (vitamin B-2)	0.9 mg69%
Niacin (as flush-free inositol hexanicolinate and niacinamide)	12.5 mg NE78%
Vitamin B-6 (as pyridoxal-alpha-ketoglutarate, pyridoxal 5-phosphate)	7.5 mg441%
Folate	335 mcg DFE84%
(200 mcg folic acid)	
Vitamin B-12 (as cyanocobalamin)	10 mcg417%
Biotin	150 mcg500%
Pantothenic Acid (as d-calcium pantothenate)	6 mg120%
Calcium (from calcium citrate, calcium succinate and calcium ascorbate)	25 mg2%
Iron (from iron citrate)	2.5 mg14%
Iodine (from kelp)	7.5 mcg5%
Magnesium (from magnesium taurinate)	50 mg12%
Zinc (from zinc citrate and zinc ascorbate)	5 mg45%
Selenium (from selenomethionine)	25 mcg45%
Copper (from copper citrate)	0.2 mg22%
Manganese (from manganese citrate)	1 mg43%
Chromium (from chromium polynicotinate)	50 mcg143%
Molybdenum (from sodium molybdate)	5 mcg11%
Potassium (from potassium citrate, potassium aspartate and potassium ascorbate)	25 mg<1%

Proprietary Synergistic Blend.
DMAE (DMAE bitartrate) 182 mg || phosphatidylserine (soy phospholipid), DHA concentrate (from fish oil), Choline bitartrate, inositol, pyridoxal-alpha-ketoglutarate, N-Acetyltyrosine, bilberry fruit, GABA (gamma aminobutyric acid), grape skin extract, grape seed extract, Trace-lyte Electrolyte Concentrate, Huperzine A (extract of Huperzia serrata)(aerial parts), Boron (from boron citrate, boron aspartate, boron glycinate), vanadium (from vanadyl sulfate) | |

*Daily Value not established.

Other ingredients: Stearic acid, croscarmellose sodium, aqueous film coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol), silica, magnesium stearate, calcium carbonate, beta-carotene beads (gelatin, lipids, sucrose, mixed tocopherols, ascorbyl palmitate), hydroxypropyl cellulose, acacia, maltodextrin, vitamin D3 beads (modified food starch, sucrose, sodium ascorbate, medium-chain triglycerides, silicon dioxide, d-alpha tocopherol), methylcellulose, sunflower lecithin. May contain crustacean shellfish (lobster, crab and shrimp).

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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