

Swanson® Condition Specific *Formulas*

Nighttime Leg Essentials

Dietary Supplement



60 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 two veggie capsules with water one hour before bedtime.

WARNING: May cause drowsiness. Do not use while driving or operating heavy equipment. Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking prescription medications, especially sedatives or tranquilizers.

Supplement Facts

Serving Size 2 Veggie Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	25 mg 28%
Vitamin B-6 (as pyridoxine HCl)	15 mg 882%
Folate	335 mcg DFE 83%
	(200 mcg folic acid)
Magnesium (from magnesium citrate)	100 mg 24%
Zinc (from zinc citrate)	25 mg 227%
Potassium (from potassium citrate)	25 mg <1%
Butcher's Broom Extract (<i>Ruscus aculeatus</i>) (root)	100 mg *
(standardized to minimum 10% saponins)	
Horse Chestnut Extract (<i>Aesculus hippocastanum</i>)	100 mg *
(seed) (standardized to minimum 20% aescin)	
Valerian Root Extract (<i>Valeriana officinalis</i>)	100 mg *
(standardized to minimum 0.8% valerenic acid)	

*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), microcrystalline cellulose (plant fiber), may contain one or both of the following: magnesium stearate, silica.

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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