

Swanson® Condition Specific *Formulas*

Menopause Essentials

Dietary Supplement



120 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 three to four times per day with water.

WARNING: Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking any prescription medication or if you have a medical condition. Discontinue use if you experience gastrointestinal discomfort. Contains dong quai; avoid lengthy exposure to natural sunlight and other sources of UV light as this product may increase your skin's photosensitivity, resulting in sunburn or skin rash.

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value
Magnesium (from magnesium oxide)	50 mg 12%
Damiana Leaf	150 mg *
Black Currant Seed Oil (7% gamma-linolenic acid)	71 mg *
Chasteberry Extract (standardized to 0.5% agnusides) (fruit)	50 mg *
Dong Quai Extract (root)	50 mg *
Wild Yam Extract (16% diosgenin) (root)	31 mg *
Black Cohosh Extract (standardized to 2.5% triterpene-glycosides) (root)	30 mg *
Ginkgo biloba Leaf Extract (standardized to 24% flavone glycosides, 6% terpene lactones)	10 mg *

* Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), silica, rice flour, calcium palmitate.

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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