

Swanson® Condition Specific Formulas

Heart Essentials

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 three times per day with food and water.

WARNING: Consult your healthcare provider before use if you are pregnant, nursing or taking prescription medication, especially medication prescribed for heart/cardiovascular conditions.

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	100 mg111%
Vitamin E (as d-alpha tocopheryl succinate)	22 mg149%
Niacin.....	9 mg NE56%
Vitamin B-6 (as pyridoxine HCl)	17 mg1,000%
Folate.....	225 mcg DFE56%
	(135 mcg folic acid)
Vitamin B-12 (as cyanocobalamin).....	33.3 mcg1,338%
Calcium (from amino acid chelate)	33.3 mg3%
Magnesium (from amino acid chelate)	33.3 mg8%
Selenium (from selenomethionine)	50 mcg91%
Chromium (ChromeMate®)	33 mcg94%
Potassium (from potassium chloride)	33 mg<1%
Taurine.....	100 mg
TMG (trimethylglycine) (from BetaPower® Natural Betaine)	84 mg
Odor-Controlled Garlic (Allium sativum) (bulb)	34 mg
Hawthorn Berry and Leaf Extract	17 mg
(1.8% vitexin-2' rhamnosides)	
L-Carnitine (from L-carnitine fumarate)	17 mg
Lecithin (from soy)	17 mg
Coenzyme Q10	10 mg
Ginger Root Extract (5% gingerols)	8.4 mg

*Daily Value not established.

Other ingredients: Vegetable capsule (hypromellose, sodium copper chlorophyllin), magnesium stearate, calcium carbonate, microcrystalline cellulose (plant fiber), silica, maltodextrin, magnesium carbonate.
Contains soy.

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TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com

BetaPower® is a registered trademark of Danisco USA, Inc.
ChromeMate® is a registered trademark of InterHealth Nutraceuticals, Inc.
The combination of CoQ10 and L-Carnitine is also patented by Sigma-Tau Health Science USA, U.S. patent #4,599,232.

CHROME[®]MATE

