swanson.com
or call 1-800-437-4148

- Supports nervous system health
- Enhances thyroid function
- Contains Coleus forskohlii and L-Selenomethionine

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule two times per day with food and water.

WARNING: For adults only. Do not take this product if you are pregnant or nursing, or if you have or have had low blood pressure, a blood coagulation disorder, or gastric ulcers. Do not take this product if you are taking prescription medications, especially blood pressure, blood-thinning, or anti-asthmatic medications. Discontinue use two weeks prior to surgery. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SWANSON®

Thyroid Essentials

Thyroid Support

COMPREHENSIVE FORMULA

DIETARY SUPPLEMENT | **90 CAPSULES**

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Thiamin (frpm thiamin mononitrate) (vitamin B-1)	25 mg	2,083%
Riboflavin (vitamin B-2)	25 mg	1,923%
Niacin (as niacinamide)	25 mg NE	156%
Vitamin B-6 (from pyridoxine HCl)	25 mg	1,471%
Folate (25 mcg folic acid)	40 mcg DFE	10%
Vitamin B-12 (as cyanocobalamin)	25 mg	1,042%
Pantothenic Acid (from calcium pantothenate)	25 mg	500%
Iodine (from kelp)	100 mcg	67%
Magnesium (from magnesium oxide)	25 mg	6%
Zinc (from zinc oxide)	25 mg	227%
Selenium (from selenomethionine)	50 mcg	91%
Copper (from copper gluconate)	2 mg	222%
L-Tyrosine	150 mg	*
Coleus forskohlii (standardized to 10% forskolin) (root)	50 mg	*

*Daily Value not established.

Other ingredients: Rice flour, gelatin, magnesium stearate.

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Fargo, ND 58104 USA • **1-800-437-4148**

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