

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

- Comprehensive approach to prostate health
- Promotes healthy urinary tract flow and frequency

Science-Backed Quality Since 1969

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

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. 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.



Prostate Essentials

Prostate Health

MINERAL AND HERB BLEND

DIETARY SUPPLEMENT | 90 VEGGIE CAPSULES

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value	
Zinc (from zinc picolinate)	15 mg	136%
Saw Palmetto Berry Extract (Serenoa repens) (standardized to 45% fatty acids)	89 mg	*
Stinging Nettles 4:1 (Urtica dioica) (leaf)	120 mg	*
Asian Ginseng Root (Panax ginseng)	50 mg	*
Pumpkin Seed 4:1 (Cucurbita pepo)	40 mg	*
Glycine	25 mg	*
L-Alanine	25 mg	*
L-Glutamic Acid	25 mg	*
Beta-Sitosterol (from phytosterol concentrate from vegetable oils)	20 mg	*

*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), maltodextrin, rice flour, silica, tricalcium phosphate, rosemary extract.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

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