

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

- Helps maintain healthy memory and cognitive function
- Supports mood regulation
- Supports healthy brain function

Science-Backed Quality Since 1969

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

WARNING: For adults only. Contains ginkgo; consult your healthcare provider before use if you are taking a blood-thinning medication. Do not take this product if you are pregnant, nursing or have a medical condition. Keep out of the 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.

Rev 0 06 07 18



Brain Essentials

Memory Support

12 BRAIN-BOOSTING NUTRIENTS

DIETARY SUPPLEMENT | **60 VEGGIE CAPSULES**

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value
Vitamin B-6 USP.....25 mg	1,471% (as pyridoxine HCl)
Vitamin B-12 USP.....250 mcg	10,417% (as cyanocobalamin)
Pantothenic Acid USP	25 mg 500% (as d-calcium pantothenate)
Gotu Kola Extract	150 mg *
(10% asiaticosides) (aerial parts)	
L-Glutamine.....	100 mg *
L-Tyrosine.....	100 mg *
Soy Lecithin.....	100 mg *
(26% phosphatidylcholine)	
Ginkgo biloba Leaf Extract.....	60 mg *
(standardized to 24% flavone glycosides, 6% terpene lactones)	
DHA (docosahexaenoic acid) ..	30 mg *
Alpha-Lipoic Acid.....	25 mg *
DMAE Bitartrate	25 mg *
Phosphatidylserine	1 mg *

*Daily Value not established.

Other ingredients: Vegetable capsule (hypromellose, sodium copper chlorophyllin), calcium carbonate, silica, calcium palmitate, ethylcellulose. Contains soy.

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