

Swanson® Condition Specific Formulas

Bone 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 two veggie capsules one to two times per day with food and water.

WARNING: Contains vitamin K. Consult your healthcare provider if you are taking blood-thinning medication or are pregnant or nursing.

Supplement Facts

Serving Size 2 Veggie Capsules
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	10 mcg 50%
Vitamin K (as phytonadione)	100 mcg 83%
Calcium (from calcium citrate)	200 mg 15%
Magnesium (from magnesium oxide)	174 mg 41%
Zinc (from zinc oxide)	15 mg 136%
Copper (from copper gluconate)	2 mg 222%
Manganese (from manganese gluconate)	3.6 mg 157%
SoyLife® Soy Germ Complex (2% soy isoflavones)	50 mg *
Silica (from horsetail herb)	5 mg *
Boron (from boron citrate)	3 mg *

*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), microcrystalline cellulose (plant fiber), magnesium stearate, silica. Contains soy.

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TO REORDER, CALL TOLL FREE 1-800-437-4148
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