

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

- Promotes healthy urinary tract flow and frequency
 - Helps maintain hormonal balance
 - Provides nutrients that support prostate health
- Science-Backed Quality Since 1969

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

Selenium SeLECT® is a registered trademark of Sabinsa Corp.

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 Plus

Prostate Health

FEATURES SELENIUM SeLECT®

DIETARY SUPPLEMENT | 180 VEGGIE CAPSULES

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value	
Zinc (from zinc picolinate)	15 mg	136%
Selenium (from Selenium SeLECT® L-selenomethionine)	50 mcg	91%
Stinging Nettles 4:1 Concentrate (Urtica dioica) (leaf)	120 mg	*
Saw Palmetto Berry Extract (Serenoa repens) [standardized to 45% fatty acids (40 mg)]	90 mg	*
Korean Ginseng Root (Panax ginseng)	50 mg	*
Pygeum africanum Bark Extract [standardized to 3% phytosterols (1.5 mg)]	50 mg	*
Pumpkin Seed (Cucurbita pepo)	40 mg	*
Glycine	25 mg	*
L-Alanine	25 mg	*
L-Glutamic Acid	25 mg	*
Beta-Sitosterol	20 mg	*
Lycopene (from tomato fruit)	2.5 mg	*

*Daily Value not established.

Other ingredients: Vegetable capsule (hypromellose, sodium copper chlorophyllin), lycopene beadlets (gelatin, sucrose, modified cornstarch, ascorbyl palmitate, mixed tocopherols), silica, rice bran, L-leucine, maltodextrin.

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