

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

- Provides support for healthy urinary tract function
- Maintains bladder control
- Combines a balanced selection of essential vitamins with nature's most effective herbs

Science-Backed Quality Since 1969

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

**WARNING:** For adults only. Do not take this product of you are pregnant or nursing or if you have renal disease or digestive problems. Consult your physician before using this or any product if you are 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.



SWANSON®

# Kidney Essentials

Urinary Tract Health

VITAMIN AND HERB BLEND

DIETARY SUPPLEMENT | 60 VEGGIE CAPSULES

## Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid).....	50 mg..... 56%
Thiamin (vitamin B-1).....	12.5 mg..... 1,042% (from thiamin HCl)
Riboflavin (vitamin B-2).....	12.5 mg..... 962%
Niacin (as niacinamide).....	12.5 mg NE..... 78%
Vitamin B-6 (from pyridoxine HCl)...	12.5 mg..... 735%
Folate.....	165 mcg DFE..... 41% (100 mcg folic acid)
Vitamin B-12 (as cyanocobalamin)..	100 mcg..... 4,167%
Biotin.....	12.5 mcg..... 42%
Pantothenic Acid.....	12.5 mg..... 250% (from d-calcium pantothenate)
Choline (from choline bitartrate).....	12.5 mg..... 2%
Potassium (from potassium.....	100 mg..... 2% gluconate and potassium chloride)
Cranberry Fruit Extract.....	200 mg..... *
(Vaccinium macrocarpon) (10:1 concentrate)	
Juniper Cone Berry.....	50 mg..... *
(Juniperus communis)	
Corn Silk (Zea mays) (stigmas).....	25 mg..... *
Inositol.....	12.5 mg..... *
PABA (para-aminobenzoic acid).....	12.5 mg..... *

\*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), rice flour, L-leucine, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS  
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