

Swanson® Condition Specific Formulas

Brain Essentials

Dietary Supplement



60 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 one capsule per day with food and water.

WARNING: 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 or nursing.

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin B-6 USP (as pyridoxine HCl)	25 mg	1,250%
Vitamin B-12 USP (as cyanocobalamin)	250 mcg	4,167%
Pantothenic Acid USP (as d-calcium pantothenate)	25 mg	250%
Gotu Kola Extract (10% asiaticosides) (aerial parts)	150 mg	*
L-Glutamine	100 mg	*
L-Tyrosine	100 mg	*
Soy Lecithin (26% phosphatidylcholine)	100 mg	*
Ginkgo biloba Leaf Extract (standardized to 24% flavone glycosides, 6% terpene lactones)	60 mg	*
DHA (docosahexaenoic acid)	30 mg	*
Alpha-Lipoic Acid	25 mg	*
DMAE Bitartrate	25 mg	*
Phosphatidylserine	1 mg	*

*Daily Value not established.

Other ingredients: Gelatin, calcium carbonate, silica, magnesium stearate, ethylcellulose.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS PO Box 2803 • Fargo, ND 58108 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com



9

0 87614 07004

SWC004