

Swanson® Condition Specific Formulas

Ear 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 two capsules per day with water.

WARNING: Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if taking blood-thinning medications or if you have or have had a blood coagulation disorder or low blood pressure.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Thiamin USP (vitamin B-1) (as thiamin mononitrate)	4 mg	267%
Riboflavin USP (vitamin B-2)	30 mg	1,765%
Niacin USP (as inositol hexanicotinate)	30 mg	150%
Vitamin B-6 USP (as pyridoxine HCl)	4 mg	200%
Folic Acid USP	800 mcg	200%
Vitamin B-12 (as methylcobalamin)	600 mcg	10,000%
Magnesium (from TRAACS® magnesium lysyl glycinate chelate)	100 mg	25%
Zinc (from TRAACS® zinc bisglycinate chelate)	12 mg	80%

Acetyl L-Carnitine (as acetyl L-Carnitine HCl), 300 mg*; N-Acetyl-L-Cysteine, 30 mg*; Butcher's Broom Extract (*Ruscus aculeatus*) (root) (standardized to 10% ruscogenin), 24 mg*; GINKGOSELECT® Ginkgo biloba Leaf Extract (standardized to 24% ginkgolactones, 6% total terpene lactones, <5 ppm ginkgolic acid), 24 mg*; Alpha-Lipoic Acid, 20 mg*; Vinpocetine 16 mg*; Coenzyme Q10, 15 mg*; TMG (trimethylglycine) (from natural betaine), 4 mg*

*Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, silica, microcrystalline cellulose (plant fiber), hydroxypropyl methylcellulose.

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

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