

Swanson® Condition Specific Formulas

Complexion 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 two times per day with food and water. For maximum benefit, take two capsules two times per day.

WARNING: Do not take this product if you are pregnant or nursing.

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin E (as d-alpha tocopheryl succinate)	25 IU	83%
Zinc (from zinc gluconate)	25 mg	167%
Selenium (from selenomethionine)	25 mcg	36%
Amla Fruit Extract (Embllica officinalis)	250 mg	*
TruFlex® MSM (methylsulfonylmethane)	250 mg	*
L-Glutathione	75 mg	*
Collagen Hydrolysate	50 mg	*
Milk Protein Concentrate	50 mg	*

*Daily Value not established.

Other ingredients: Gelatin, may contain one or more of the following: microcrystalline cellulose (plant fiber), magnesium stearate, silica.

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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