

Swanson® Condition Specific Formulas

Brain Essentials

Dietary Supplement



60 veggie 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 veggie 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 Veggie Capsule

Amount Per Serving	% Daily Value
Vitamin B-6 USP (as pyridoxine HCl)	25 mg 1,471%
Vitamin B-12 USP (as cyanocobalamin)	250 mcg 10,417%
Pantothenic Acid USP (as d-calcium pantothenate)	25 mg 500%
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: Vegetable capsule (hypromellose, sodium copper chlorophyllin), calcium carbonate, silica, calcium palmitate, 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



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