

Swanson® Condition Specific *Formulas*

Bone Essentials

Dietary Supplement

120 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 two veggie capsules one to two times per day with food and water.

WARNING: Contains vitamin K. Consult your healthcare provider if you are taking blood-thinning medication or are pregnant or nursing.

Supplement Facts

Serving Size 2 Veggie Capsules
Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin K (as phytonadione)	100 mcg	125%
Calcium (from calcium citrate)	200 mg	20%
Magnesium (from magnesium oxide)	174 mg	44%
Zinc (from zinc oxide)	15 mg	100%
Copper (from copper gluconate)	2 mg	100%
Manganese (from manganese gluconate)	3.6 mg	180%
SoyLife® Soy Germ Complex (2% soy isoflavones)	50 mg	*
Silica (from horsetail herb)	5 mg	*
Boron (from boron citrate)	3 mg	*

*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), 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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