

LEE SWANSON

Signature Line

Genetic Designed Nutrition
Longevity

Dietary Supplement

210 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 14 capsules per day with food and water.

WARNING: Because chromium may enhance insulin sensitivity and affect glucose levels, diabetics and hypoglycemics should consult their healthcare provider before using this product.

Supplement Facts

Serving Size 14 Veggie Capsules (7 veggie capsules morning/7 veggie capsules evening)
Servings Per Container 15

	Amount Per Serving	% Daily Value
Vitamin A.....	11,000 IU...2,200%	
(from Carotin [®] natural mixed carotenoid complex)		
Vitamin C.....	2,600 mg...4,333%	
(from calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate and acerola 4:1 extract)		
Vitamin D.....	400 IU...1,000%	
(as cholecalciferol)		
Vitamin E.....	400 IU...1,333%	
(as d-alpha tocopheryl succinate)		
Thiamin (vitamin B-1).....	125 mg...8,333%	
(as thiamin HCl)		
Riboflavin (vitamin B-2).....	50 mg...2,941%	
Niacin.....	200 mg...1,000%	
(from niacinamide, inositol hexanicotinate and niacin)		
Vitamin B-6.....	100 mg...5,000%	
(as pyridoxine HCl)		
Vitamin B-12.....	600 mcg...10,000%	
(as cyanocobalamin)		
Biotin.....	3,000 mcg...1,000%	
Pantothenic Acid.....	600 mg...6,000%	
(as d-calcium pantothenate)		
Calcium.....	227 mg...23%	
(from calcium ascorbate, d-calcium pantothenate and calcium d-glucarate)		
Iodine (from kelp).....	75 mcg...50%	
Magnesium.....	325 mg...81%	
(from magnesium oxide, magnesium ascorbate, magnesium aspartate, magnesium citrate, magnesium glycinate and magnesium arginate)		
Zinc (from zinc.....)	35 mg...2,333%	
methionine (OptiZinc [®]) and zinc succinate)		
Selenium (50% from...200 mcg...288%		
L-Se-methylselenocysteine & 50% from L-selenomethionine)		
Copper (from TRAACS [®] ...1 mg...50%		
copper bisglycinate chelate)		

Other ingredients: Hypromellose (vegetable capsule), rice flour, calcium laurate, maltodextrin, dicalcium phosphate, starch, citric acid, sulfate, gelatin, palm oil, alginate, sucrose, silicate, mixed tocopherols, cellulose gum, silicic acid, gum acacia, ethylcellulose, dehydrated corn syrup, caramel color, dextrin, microcrystalline cellulose (plant fiber), sodium ascorbate, magnesium silicate, medium-chain triglycerides.

Contains soy. *From active ingredients.

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CereCalase[®] is a registered trademark of National Enzyme Company.

	Amount Per Serving	% Daily Value
Manganese.....	5 mg...250%	
(from manganese gluconate)		
Chromium.....	200 mcg...166%	
(from ChromeMate [®] chromium polynicotinate)		
Molybdenum.....	125 mcg...167%	
(from molybdenum picolinate)		
Potassium.....	38 mg...1%	
(from potassium chloride and potassium aspartate)		
Citrus Bioflavonoid.....	1 g.....	
Complex (50% total bioflavonoids (hesperidin, naringin))		
AjiPure [®]	500 mg.....	
Pharmaceutical Grade L-Lysine HCl (NAC)		
AjiPure [®]	500 mg.....	
Pharmaceutical Grade Taurine		
Inositol (as inositol).....	250 mg.....	
and inositol hexanicotinate)		
Ascorbyl Palmitate.....	200 mg.....	
GLUCARATE [™]	200 mg.....	
Calcium D-Glucarate		
PABA.....	200 mg.....	
(para-aminobenzoic acid)		
Acerola Cherry.....	150 mg.....	
(fruit) 4:1 extract		
Ginger Root Extract.....	150 mg.....	
(Zingiber officinale) (standardized to 5% gingerols)		
Phosphatidylcholine.....	150 mg.....	
(from soy lecithin)		
TMG (trimethylglycine).....	150 mg.....	
(from BetaPower [®] Natural Betaine)		
Choline.....	120 mg.....	
(as choline bitartrate)		
Milk Thistle Seed.....	100 mg.....	
Extract (standardized to 80% silymarin)		

*Daily Value not established.

	Amount Per Serving	% Daily Value
e-ds [®] Enzyme.....	61 mg.....*	
Digestive pectinase, CereCalase [®] (hemicellulase, beta-glucanase, phytase), cellulase, lipase, amylase, protease, glucoamylase, pepsinase		
MegaNatural [®] Gold.....	50 mg.....*	
Grape Seed Extract (Vitis vinifera) (standardized to 90% polyphenols)		
LinumLife [®] Extra.....	50 mg.....*	
Raxseed Lignan Extract		
Elagic Acid.....	40 mg.....*	
(from pomegranate rind extract (Punica granatum))		
Olive Leaf Extract.....	40 mg.....*	
(standardized to minimum 18% oleuropein)		
Bilberry Extract.....	35 mg.....*	
(Vaccinium myrtillus) (fruit) (standardized to minimum 25% anthocyanins)		
BioVital [®] Grape Extract.....	25 mg.....*	
(Vitis vinifera L.) (whole grapes)		
Apple Polyphenols.....	20 mg.....*	
(from apple fruit extract)		
Bromelain (2,400 GDU).....	15 mg.....*	
(from pineapple)		
Lutein (from margold).....	15 mg.....*	
flower extract)		
Panethine.....	10 mg.....*	
(coenzyme A precursor) (from Panethin [®] 55% panethine)		
Lycopene.....	3 mg.....*	
(from tomato extract)		
Sulforaphane.....	1.5 mg.....*	
(from broccoli sprout extract)		
Resveratrol.....	1 mg.....*	
(from Polygonum cuspidatum root extract)		
Zeaxanthin.....	749 mcg.....*	
(from marigold flower extract)		

*Daily Value not established.

ChromeMate[®] a patented, biologically active oxygen-coordinated niacin-bound chromium complex, is a registered trademark of InterHealth Nutraceuticals, Inc., U.S. patents #4,923,855; #4,954,492; and #5,194,615.

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