

Swanson® Condition Specific Formulas

Vision 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 two veggie capsules two times per day with food and water. Women who are pregnant or likely to become pregnant should not exceed recommended dosage.

Supplement Facts

Serving Size 2 Veggie Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A USP (as retinyl palmitate)	4,000 IU	80%
Vitamin A USP (as beta-carotene)	5,000 IU	100%
Vitamin C USP (as ascorbic acid)	750 mg	1,250%
Riboflavin (vitamin B-2)	25 mg	1,470%
Zinc [from zinc monomethionine (OptiZinc®)]	12.5 mg	84%
Selenium (from selenomethionine)	100 mcg	142%
Copper (from copper glycinate and gluconate)	1 mg	50%

Citrus Bioflavonoid Complex, 125 mg*; Quercetin (bioflavonoid), 125 mg*; Taurine, 100 mg*; Bilberry Extract (Vaccinium myrtillus) (fruit) (standardized to minimum 25% anthocyanins), 30 mg*; L-Glutathione, 12.5 mg*; Lutein [from marigold flower extract (Tagetes erecta)], 3 mg*; Zeaxanthin [from marigold flower extract (Tagetes erecta)], 150 mcg*

*Daily Value not established.

Other ingredients: Rice flour, hypromellose (vegetable capsule), calcium laurate, beta-carotene beadlets (modified food starch, corn starch, glucose syrup, sodium ascorbate, dl-alpha tocopherol), lutein beadlets (cellulose gum, starch, natural tocopherols, sucrose, ascorbyl palmitate, sodium ascorbate, talc), silica, maltodextrin.

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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