

# Swanson® Condition Specific *Formulas*

## Prostate Essentials

Dietary Supplement



90 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 two times per day with water.

## Supplement Facts

Serving Size 1 Veggie Capsule

|                                                                                                     | Amount Per<br>Serving | % Daily<br>Value |
|-----------------------------------------------------------------------------------------------------|-----------------------|------------------|
| Zinc (from zinc picolinate)                                                                         | 15 mg                 | 100%             |
| Saw Palmetto Berry Extract<br>(Serenoa repens) (standardized to 25% fatty acids)                    | 160 mg                | *                |
| Stinging Nettles 4:1 (Urtica dioica) (leaf)                                                         | 120 mg                | *                |
| Korean Ginseng Extract (root and leaf)<br>(aerial parts) (standardized to minimum 15% ginsenosides) | 50 mg                 | *                |
| Pumpkin Seed 4:1 (Cucurbita pepo)                                                                   | 40 mg                 | *                |
| Glycine                                                                                             | 25 mg                 | *                |
| L-Alanine                                                                                           | 25 mg                 | *                |
| L-Glutamic Acid                                                                                     | 25 mg                 | *                |
| Beta-Sitosterol                                                                                     | 20 mg                 | *                |

\*Daily Value not established.

Other ingredients: Rice flour, hypromellose (vegetable capsule), beta-cyclodextrin, dextrin, maltodextrin, calcium laurate, silica, tricalcium phosphate, rosemary extract.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

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