

SAFETY STATEMENTS & PILL SIZE GUIDE

Important Safety Statements

Know the Facts for Safe and Effective Supplement Use

If you are pregnant, nursing, taking prescription medication(s), or have a medical condition, consult your healthcare provider before using any dietary or herbal supplement.
See below for additional warnings.

S1 CAPSAICIN (TOPICAL) For external use only. If redness or irritation occurs, discontinue use. In case of irritation, wash affected area with soap and water. Avoid contact with eyes. Do not use on broken skin. Keep out of children's reach.

S2 CASCARA SAGRADA; SENNA; BUCKTHORN Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools or abdominal pain as this product may worsen these conditions and be harmful to your health. Not recommended for extended use.

S3 CHITOSAN Do not take this product if you are allergic to shellfish.

S4 DHEA; PREGNENOLONE Not for use by individuals under the age of 18 years. Do not use if pregnant or nursing. Consult a physician or licensed qualified health care professional before using this product if you have or have a family history of prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL) or if you are using any other dietary supplement, prescription drug or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability and increased levels of estrogen. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience rapid heartbeat, dizziness, blurred vision or other similar symptoms. Keep out of reach of children.

S5 GLISODIN Contraindicated for the gluten intolerant: Contains gliadin. Do not take this product if you are allergic to wheat products or have celiac disease.

S6 GLUCOSAMINE This product is derived from shellfish.

S7 GRAVIOLA If taking this product for more than 30 days, supplementing with probiotics and digestive enzymes is recommended.

S8 IRON Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

S9 MELATONIN As melatonin may cause drowsiness, do not drive an automobile or operate heavy equipment after taking.

S10 METABROMINE Discontinue use if you experience excessive sweating, severe headaches, or trembling.

S11 POLICOSANOL Discontinue use if cholesterol levels drop below 150-180 mg/DL.

S12 RED YEAST RICE Do not use if you are pregnant, may become pregnant, or are nursing, because using this product may cause birth defects or other reproductive harm. Discontinue use if you experience muscle pain or weakness.

S13 ST. JOHN'S WORT May cause the skin and eyes to become photosensitive. Avoid lengthy exposure to natural sunlight or tanning salon lights. Discontinue use if reddening or inflammation of the skin develops.

S14 TURKEY RHUBARB Discontinue use if you have or develop diarrhea, abdominal pain or intestinal obstruction.

S15 YOHIMBINE This product contains yohimbine, which may cause an elevation in blood pressure and heart rate, and should not be taken by people with cardio-renal diseases, ulcers, high blood pressure or hypersensitivity to any component. This product is unsuitable for women, children, geriatric patients and individuals with psychological disorders. Do not use with alcohol, mood-modifying drugs, antidepressants, tyramine-containing foods, such as liver, cheeses and red wine, or with over-the-counter (OTC) medications containing phenylpropanolamine (PPA). Discontinue use and consult your healthcare provider if dizziness, sleeplessness, tremors, nervousness, headache or heart palpitations occur.

S17 NATTOZIMES; NATTOKINASE; SERRAZIMES Do not use if you have a blood coagulation disorder and/or if you are taking any drug that affects blood coagulation such as prescription vitamin K, heparin, or warfarin (coumadin). Consult your healthcare provider before use if you are taking prescription medications or if you are pregnant or nursing.

S18 BIOCORE DPP IV Consult your healthcare provider before use if you are pregnant or nursing, taking prescription medication, or if you have a medical condition. This product is not intended to replace a gluten controlled diet, or to prevent/treat gluten allergies.

S19 HUMIFULVATE Do not take this product if you are pregnant or nursing, or taking any prescription medication. Consult your healthcare provider before use if you have a medical condition. Do not exceed recommended dosage. Not recommended for long-term use.

S20 CERAMIDES Do not take this product if you are allergic to wheat or gluten.

These safety statements coincide with the warnings printed on Swanson® Brand labels. They are indicated with corresponding symbols throughout this catalog (on Swanson Brand products only). The notices featured on this page constitute only a partial listing of safety-related statements, and other warnings may apply. Please read the product labels for additional product safety information.

Size Guide

Your easy reference to sizes of capsules, softgels and tablets

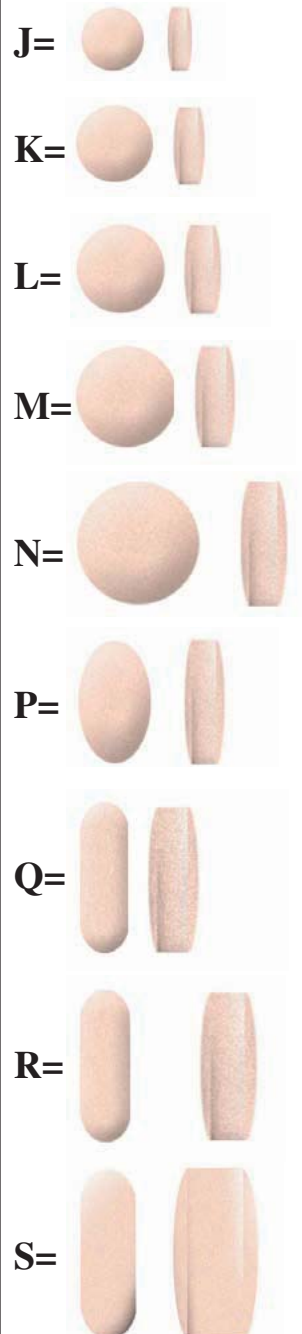
Every price box for Swanson® Brand supplements featured in our publications and on our website includes a letter or number code indicating the size of the capsules, softgels or tablets inside the bottle. Simply refer to this guide for an approximate representation. No longer will you order your supplements only to find out that they're not what you anticipated. With Swanson, you'll always know what to expect when you open a fresh bottle of our quality products.

We're including this handy size guide in all Swanson publications for fast, easy reference whenever you shop. You can also download a printable version from our website at www.swansonvitamins.com/help under product information.

EXAMPLE

ITEM # QUANTITY SIZE **SWANSON**
D4SWE020..... 120 softgels H **\$7.99**

Approximate Tablet Size



Approximate Softgel Size



Approximate Capsule Size

