PRODUCT #01109

DIRECTIONS: As a dietary supplement, take four (4) tablets with breakfast or for ontimal results, take two (2) tablets with breakfast and two (2) tablets with lunch or dinner Dosage may be increased as directed by a healthcare practitioner. Our products contain ornanically grown berbs, when available

Double-sealed for your protection.

Do not use if outer seal is broken or missing.

CAUTION: Keep out of reach of children.

Consumer Information Services Voice Mail: 800-845-2730 michaelshealth.com

A Division of Inner Health Group, Inc. Certified by: Rabbi Alan Silver, M.D.

any disease

Orthodox Jewish Council **OptiZinc® is a Trademark of InterHealth

Nutraceuticals, Inc. Made in a GMP facility that processes egg, fish, milk, shellfish, soy, tree nut and wheat products.

Marle in the LLS A Family owned and operated.

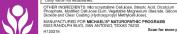
This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent michael's® naturopathic programs

HEALTHCARE SOLUTIONS SINCE 1984

hair, skin & nails complex.

60 vegan & kosher tablets comprehensive dietary supplement

tried & truthful



Amount Per Serving % Da		ally Valu	
Vitamin A (as Beta Carotene)	900 mcg	100	
Vitamin C (Ascorbic Acid)	100 mg	111	
Vitamin E (as d-alpha Tocopheryl Succinate)	16.75 mg		
Niscin (as Niscinsmide)	20 mg		
Vitamin B6 (as Pyridoxine Hydrochloride)	15 mg	882	
Vitamin B12 (as Cyanocobalamin)	15 mcg		
Biotin	100 mcg	333	
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	300	
Choline (as Choline Bitartrate)	50 mg		
Calcium (as Calcium Citrate)	200 mg	15	
lodine (from Kelp)	100 mcg	67	
Magnesium (as Magnesium Amino Acid Chelate)	100 mg	24	
Zinc (as Zinc Monomethionine**)	10 mg	91	
Copper (as Copper Gluconate)	0.1 mcg	- 11	
Manganese (as Manganese Gluconate)	5 mg	217	
Potassium (as Potassium Amino Acid Chelate)	75 mg	- 1	

MSM (Methyls: iflorulmethane). Red Clover Flower (Trifolium postense). Burdock OTHER INGREDIENTS: Microcrystalline Callylose, Stearic Acid, Dicalcium

Dioxide and Clear Coating (Hydroxynronyl Methylcell Jose)

MANUFACTURED FOR MICHAEL'S NATURORATHIC PROGRAMS 6003 RANDLPH BLVD. SAN ANTONIO, TEXAS 78233 Scan for more product information