

PRODUCT #01109

DIRECTIONS: As a dietary supplement, take four (4) tablets with breakfast or, for optimal 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 organically grown herbs, 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.
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.

Made in the U.S.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
any disease.

michael's®
naturopathic programs
HEALTHCARE SOLUTIONS SINCE 1984

hair, skin & nails complex™

60 vegan & kosher tablets
comprehensive dietary
supplement

tried & truthful



Supplement Facts

Serving Size: Four (4) Tablets
Servings Per Container: 15

Amount Per Serving	% Daily Value	
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	112%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	15 mg	882%
Vitamin B12 (as Cyanocobalamin)	15 mcg	625%
Biotin	100 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	300%
Choline (as Choline Bitartrate)	50 mg	9%
Calcium (as Calcium Citrate)	200 mg	15%
Iodine (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	2%

Proprietary Blend	410 mg	*
MSM (Methylsulfonylmethane), Red Clover Flower (<i>Trifolium pratense</i>), Burdock Root (<i>Arcium lappa</i>), PABA (Para-aminobenzoic Acid), Lecithin (from Sunflower) and Inositol		

*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid, Dicalcium Phosphate, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Clear Coating (Hydroxypropyl Methylcellulose).

MANUFACTURED FOR MICHAEL'S® NATUROPATHIC PROGRAMS
6003 RANDLPH BLVD, SAN ANTONIO, TEXAS 78233

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Scan for more product information.

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