

PRODUCT #01151

DIRECTIONS: As a dietary supplement, take four (4) capsules with breakfast or, for optimal results, take two (2) capsules with breakfast and two (2) capsules with lunch. 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.

WARNING: Not to be taken by pregnant or lactating women. Keep out of reach of children. This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

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

Certified by: Rabbi Alan Silver, M.D. 
Orthodox Jewish Council

**OptiZinc® is a Trademark of InterHealth
Nutraceuticals, Inc.

***Epigallocatechin gallate

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.

Supports Healthy Histamine Production*

✦ 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

formula PLN™ for pollen seasons

60 vegetarian & kosher capsules
comprehensive dietary
supplement

tried & truthful



Supplement Facts

Serving Size: Four (4) Veggie Capsules
Servings Per Container: 15

Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	1200 mcg	133%
Vitamin C (as Calcium Ascorbate)	400 mg	444%
Vitamin E (as d-alpha Tocopheryl Succinate)	20 mg	133%
Vitamin B6 (as Pyridoxine Hydrochloride)	20 mg	1176%
Pantothenic Acid (as d-Calcium Pantothenate)	300 mg	6000%
Calcium (as Calcium Ascorbate)	48 mg	4%
Zinc (as Zinc Monomethionine**)	10 mg	91%
Manganese (as Manganese Amino Acid Chelate)	10 mg	435%
Molybdenum (as Molybdenum Amino Acid Chelate†)	10 mcg	22%

Proprietary Blend	1.83 g (1830 mg)
Quercetin (as Quercetin Dihydrate), L-Histidine (as L-Histidine Hydrochloride), N-A-C (N-Acetyl-L-Cysteine), Eyebright Leaf (<i>Euphrasia officinalis</i>), Stinging Nettle Leaf (<i>Urtica dioica</i>), Bee Pollen, Dandelion Root (<i>Taraxacum officinale</i>), Flax Seed (10% Omega-3 Fatty Acids), Ginger Root (<i>Zingiber officinale</i>), Juniper Berry (<i>Juniperus communis</i>), Oregon Grape Root (<i>Mahonia aquifolium</i>), MSM (Methylsulfonylmethane) and Green Tea Leaf Extract (95% Polyphenols, 50% EGCG***)	

*Daily Value not established.

OTHER INGREDIENTS: Hypromellose (Capsule), Rice Flour and Leucine.

†Contains soy.

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