

PRODUCT #01188

DIRECTIONS: As a dietary supplement, take two (2) capsules with breakfast or, for optimal results, take one (1) capsule with breakfast and one (1) capsule 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.

CAUTION: Contains phenylalanine and should be avoided by phenylketonurics and women who are pregnant or lactating.

If you are taking any medications (including SSRIs, MAO inhibitors, or anti-depressants) or have a medical condition, consult your healthcare practitioner before using this product. Keep out of reach of children.

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

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



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

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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.

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naturopathic programs
HEALTHCARE SOLUTIONS SINCE 1984

internal sunshine™

a state of mind

30 vegan & kosher capsules

comprehensive
dietary supplement

tried & truthful



Supplement Facts

Serving Size: Two (2) Veggie Capsules
Servings Per Container: 15

Amount Per Serving	% Daily Value	
Vitamin C (as Magnesium Ascorbate)	100 mg	111%
Niacin (as Niacinamide)	15 mg	94%
Vitamin B6 (as Pyridoxal-5-Phosphate)	15 mcg	882%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 100 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	50 mcg DFE	13%
Vitamin B12 (as Methylcobalamin)	100 mcg	4167%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	2000%
Magnesium (as Magnesium Citrate and Magnesium Ascorbate)	100 mg	24%
Zinc (as Zinc Monomethionine****)	5 mg	45%
Proprietary Blend	400 mg	
DL-Phenylalanine, L-Tyrosine, Rhodiola Root, L-Theanine (from Suntheanine*****), 5-HTP (from <i>Griffonia simplicifolia</i>) (Seed) and Rhodiola Root Extract		

*Daily Value not established.

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

MANUFACTURED FOR
MICHAEL'S® NATUROPATHIC PROGRAMS
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A Division of Inner Health Group, Inc.

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