

PRODUCT #01189

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

**Quatrefolic® is a registered trademark of Gnosis S.p.A.
Patent No. 7,947,662.

 **Quatrefolic®**

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

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

internal sunshine™

a state of mind

60 vegan & kosher capsules
comprehensive dietary
supplement

tried & truthful



Supplement Facts

Serving Size: Two (2) Veggie Capsules
Servings Per Container: 30

| 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 mg | 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 Griffonia simplicifolia) (Seed) and Rhodiola Root Extract | | |

*Daily Value not established.

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

MANUFACTURED FOR
MICHAEL'S® NATUROPATHIC PROGRAMS
6003 RANDOLPH BLVD, SAN ANTONIO, TEXAS 78233
A Division of Inner Health Group, Inc.

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

H032717

7
55929
01189
6

