Mineral Complement:
05008 ESSENTIAL MINERALS – 120 TABS
05009 ESSENTIAL MINERALS – 240 TABS

PRODUCT #04111

DIRECTIONS: As a dietary supplement, take two (2) capsules in the morning with breakfast. 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

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

†From Lanolin.

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Quatrefolic®

***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.
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michael's®
naturopathic programs
HEALTHCARE SOLUTIONS SINCE 1984

teen boys CAPS

daily multi vitamin

120 vegetarian & kosher capsules

comprehensive dietary supplement

tried & truthful

Supplement Facts

Serving Size: Two (2) Veggie Capsules
Servings Per Container: 60

Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene)	3000 mcg	333%
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Vitamin D3 (as Cholecalciferol†)	10 mcg	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamin (as Thiamin Mononitrate)	40 mg	3333%
Riboflavin	40 mg	3077%
Niacin (as Niacinamide)	80 mg	500%
Vitamin B6 (as Pyridoxine Hydrochloride)	40 mg	2353%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 250 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	125 mcg DFE	31%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	40 mcg	133%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	1600%
Choline (as Choline Bitartrate)	80 mg	15%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	15 mg	136%
Proprietary Blend	**275 mg**	*

Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Asian Ginseng Root (*Panax ginseng*), Organic Pumpkin Seed (*Cucurbita pepo*), Organic Saw Palmetto Berry (*Serenoa serrulata*), Rutin and Hesperidin

*Daily Value not established.

OTHER INGREDIENTS: Hypromellose (Capsule), Dicalcium Phosphate Rice Flour, Leucine and Silicon Dioxide.

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

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