

**Mineral Complement:**

05008 ESSENTIAL MINERALS – 120 TABS

05009 ESSENTIAL MINERALS – 240 TABS

**PRODUCT #04200**

**DIRECTIONS:** As a dietary supplement, take one (1) tablet 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



†From Lanolin.

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



\*\*\*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.

michael's®  
naturopathic programs  
HEALTHCARE SOLUTIONS SINCE 1984

# pre-teen boys

## daily multi vitamin

30 vegetarian & kosher tablets  
comprehensive dietary  
supplement

## tried & truthful



## Supplement Facts

Serving Size: One (1) Tablet

| Amount Per Serving                                                                                                           | % Daily Value   |       |
|------------------------------------------------------------------------------------------------------------------------------|-----------------|-------|
| Vitamin A (as Beta Carotene)                                                                                                 | 1500 mcg        | 167%  |
| Vitamin C (as Calcium Ascorbate)                                                                                             | 200 mg          | 222%  |
| Vitamin D3 (as Cholecalciferol†)                                                                                             | 10 mcg (400 IU) | 50%   |
| Vitamin E (as d-alpha Tocopherol Succinate)                                                                                  | 33.3 mg         | 222%  |
| Thiamin (as Thiamin Mononitrate)                                                                                             | 20 mg           | 1667% |
| Riboflavin                                                                                                                   | 20 mg           | 1538% |
| Niacin (as Niacinamide)                                                                                                      | 20 mg           | 125%  |
| Vitamin B6 (as Pyridoxine Hydrochloride)                                                                                     | 20 mg           | 1176% |
| 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)                                                                                             | 200 mcg         | 8333% |
| Biotin                                                                                                                       | 20 mcg          | 67%   |
| Pantothenic Acid (as d-Calcium Pantothenate)                                                                                 | 40 mg           | 800%  |
| Choline (as Choline Bitartrate)                                                                                              | 20 mg           | 4%    |
| Calcium (as Calcium Ascorbate)                                                                                               | 24 mg           | 2%    |
| Zinc (as Zinc Monomethionine***)                                                                                             | 7 mg            | 64%   |

|                                                                                                                                                                    |               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <b>Proprietary Blend</b>                                                                                                                                           | <b>201 mg</b> |
| FlaxSeed Extract (55% alpha-Linolenic Acid), Inositol, Organic Pumpkin Seed (Cucurbita pepo), PABA (Para-aminobenzoic Acid) and Asian Ginseng Root (Panax ginseng) |               |

\*Daily Value not established.

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

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

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Scan for product information.

