

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

PRODUCT #04411

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

A Division of Inner Health Group, Inc.

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

teen girls 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 (400 IU)	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)	40 mg	250%
Vitamin B6 (as Pyridoxine Hydrochloride)	40 mg	2353%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 300 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	150 mcg DFE	38%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	200 mcg	667%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	1600%
Choline (as Choline Bitartrate)	40 mg	7%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	10 mg	91%
Manganese (as Manganese Amino Acid Chelate)	10 mg	435%

Proprietary Blend	350 mg	*
Organic Parsley Leaf (<i>Petroselinum sativum</i>), Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Organic Dong Quai Root (<i>Angelica sinensis</i>), Organic Dandelion Root (<i>Taraxacum officinale</i>), Rutin and Hesperidin		

*Daily Value not established.

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

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

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Scan for more product information.

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