

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

PRODUCT #04500

DIRECTIONS: As a dietary supplement, take two (2) tablets 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

pre-teen girls

daily multi vitamin

60 vegetarian & kosher tablets

comprehensive dietary supplement

tried & truthful



Supplement Facts

Serving Size: Two (2) Tablets
Servings Per Container: 30

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 Tocopheryl Succinate)	67 mg	447%
Thiamin (as Thiamin Mononitrate)	20 mg	1667%
Riboflavin	20 mg	1538%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	20 mg	1178%
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	200 mcg	667%
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***)	5 mg	45%
Manganese (as Manganese Amino Acid Chelate)	5 mg	217%

Proprietary Blend	175 mg
Flax Seed Extract (55% alpha-Linolenic Acid), Rutin, Blessed Thistle (Herb) (Chicus benedictus), Inositol, PABA (Para-aminobenzoic Acid), Organic Echinacea angustifolia, Hesperidin and Organic Parsley Leaf (Petroselinum sativum)	

*Daily Value not established.

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

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

H071917

Scan for more product information.



7 55929 04500 6