

PRODUCT #05009

DIRECTIONS: As a dietary supplement, take before bedtime with juice or food. Adults—four (4) tablets; Teens – two (2) tablets; Pre-Teens – one (1) tablet. Dosage may be increased as directed by a healthcare practitioner.

Double-sealed for your protection. Do not use if outer seal is broken or missing.

Consumer Information Services
Voice Mail: 800-845-2730
michaelshealth.com

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



**OptiZinc® and ChromeMate® are Trademarks of InterHealth Nutraceuticals, Inc.
***ConcenTrace® is a Trademark of Trace Minerals Research.

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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a physician or Poison Control Center immediately.

michael's®
naturopathic programs
HEALTHCARE SOLUTIONS SINCE 1984

essential minerals™

240 vegan & kosher tablets
comprehensive mineral
supplement

tried & truthful



Supplement Facts

Serving Size: Four (4) Tablets
Servings Per Container: 60

Amount Per Serving		% Daily Value
Calcium (as Calcium Citrate)	400 mg	31%
Iron (as Iron Amino Acid Chelate†)	2 mg	11%
Iodine (from Kelp)	120 mcg	80%
Magnesium (as Magnesium Citrate)	400 mg	95%
Zinc (as Zinc Monomethionine**)	16 mg	145%
Selenium (as L-Selenomethionine)	12 mcg	22%
Manganese (as Manganese Amino Acid Chelate)	8 mg	348%
Chromium (as Chromium Polynicotinate**)	20 mcg	57%
Potassium (as Potassium Amino Acid Chelate)	80 mg	2%
Betaine Hydrochloride	100 mg	*
ConcenTrace®*** Alfalfa	24 mg	*
(Ionic Trace Mineral Complex from the Great Salt Lake, 72 naturally occurring minerals, plus other minerals found in seawater)		

*Daily Value not established.

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

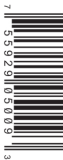
†Contains soy.

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

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Scan for more product information.



3

