

**Mineral Complement:**

05008 ESSENTIAL MINERALS – 120 TABS

05009 ESSENTIAL MINERALS – 240 TABS

**PRODUCT #04501**

**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  
[www.michaelshealth.com](http://www.michaelshealth.com)

Certified Kosher.



†From Lanolin.

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



\*\*\*OptiZinc® and logo are trademarks of Lonza or its affiliates.

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.



HEALTHCARE  
SOLUTIONS  
SINCE 1984

Michael's® Naturopathic Programs



# Pre-Teen Girls

120 vegetarian  
tablets

DAILY  
MULTI  
VITAMIN

dietary supplement  
**Synergistically Complete**

## Supplement Facts

Serving Size: Two (2) Tablets

Servings Per Container: 60

| 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           | 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                                                                                                                       | 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%          |

|                                                                                                                                                                                                                                                                |               |          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|----------|
| <b>Proprietary Blend</b>                                                                                                                                                                                                                                       | <b>175 mg</b> | <b>*</b> |
| Flax Seed Extract (55% alpha-Linolenic Acid), Rutin, Blessed Thistle (Herb) ( <i>Chnicus benedictus</i> ), Inositol, PABA (Para-aminobenzoic Acid), Hesperidin, Organic <i>Echinacea angustifolia</i> and Organic Parsley Leaf ( <i>Petroselinum crispum</i> ) |               |          |

\*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Dicalcium Phosphate, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Maltodextrin, Silicon Dioxide and Pharmaceutical Glaze (Shellac, Povidone).

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

