

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

PRODUCT #04100

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. Not to be taken by pregnant or lactating women.

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

Certified Kosher.  

†From Lanolin.
**Quatrefolic® is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662.

***OptiZinc® is a Lonza trademark. 

Made in a GMP facility that processes egg, fish, milk, peanut, sesame, shellfish, soy, tree nut and wheat products.

Made in the U.S.A.
Family owned and operated.

MH MICHAEL'S® HEALTH
NATUROPATHIC PROGRAMS
SINCE 1984

Teen Boys

Multivitamin Tablets

Asian Ginseng Root
Pumpkin Seed
Vitamin A,C,D,E
And More...

Dietary Supplement
60 Vegetarian Tablets



Supplement Facts

30 servings per container

Serving Size

Two (2) Tablets

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)	80 mg	500%
Vitamin B6 (as Pyridoxine Hydrochloride)	40 mg	2353%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 125 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	115 mcg DFE	29%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	40 mcg	133%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	1600%
Choline (as Choline Bitartrate)	80 mg	15%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	15 mg	136%

Proprietary Blend	375 mg	*
Organic Parsley Leaf (<i>Petroselinum crispum</i>), Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Asian Ginseng Root (<i>Panax ginseng</i>), Organic Pumpkin Seed (<i>Cucurbita pepo</i>), Saw Palmetto Berry (<i>Serenoa serrulata</i>), Rutin and Hesperidin		

*Daily Value not established.

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

MANUFACTURED FOR MICHAEL'S® NATUROPATHIC PROGRAMS
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