

Mineral Complement:

05008 ESSENTIAL MINERALS – 120 TABS
 05009 ESSENTIAL MINERALS – 240 TABS

PRODUCT #04101

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®**

**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
 90 Vegetarian Tablets

**Supplement Facts**

45 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	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 (*Petroselinum crispum*), Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Asian Ginseng Root (*Panax ginseng*), Organic Pumpkin Seed (*Cucurbita pepo*), Saw Palmetto Berry (*Serenoa serrulata*), 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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