

Mineral Complement:

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

PRODUCT #04201

DIRECTIONS: As a dietary supplement, take one (1) tablet 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

Pre-Teen Boys

Multivitamin Tablets

Asian Ginseng
Root

Pumpkin Seed

Vitamin A,C,D,E

And More...

Dietary Supplement
60 Vegetarian Tablets

**Supplement Facts**

Serving Size One (1) Tablet

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 Tocopherol Succinate)	34 mg	227%
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 74 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	125 mcg DFE	31%
Vitamin B12 (as Methylcobalamin)	200 mcg	8333%
Biotin	20 mcg	67%
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***)	7 mg	64%

Proprietary Blend 201 mg *

Flax Seed Extract (55% alpha-Linolenic Acid), Inositol, Organic Pumpkin Seed (Cucurbita pepo), PABA (Para-aminobenzoic Acid) and Asian Ginseng Root (Panax ginseng)

*Daily Value not established.

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

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

