

PRODUCT #04303

DIRECTIONS: As a dietary supplement, take three (3) capsules 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

For Women

Multivitamin Capsules

Blessed Thistle
Dong Quai Root
Vitamin A,C,D,E
And More...

Dietary Supplement
90 Vegetarian Capsules



Supplement Facts

30 servings per container

Serving Size

Three (3) Veggie Capsules

Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	2250 mcg	250%
Vitamin C (as Calcium Ascorbate)	150 mg	167%
Vitamin D3 (as Cholecalciferol†)	5 mcg (200 IU)	25%
Vitamin E (as d-alpha Tocopherol Succinate)	67 mg	447%
Thiamin (as Thiamin Mononitrate)	30 mg	2500%
Riboflavin	30 mg	2308%
Niacin (as Niacinamide)	50 mg	313%
Vitamin B6 (as Pyridoxine Hydrochloride)	30 mg	1765%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 15 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	14 mcg DFE	4%
Vitamin B12 (as Methylcobalamin)	75 mcg	3125%
Biotin	75 mcg	250%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	1000%
Choline (as Choline Bitartrate)	50 mg	9%
Calcium (as Calcium Ascorbate)	18 mg	1%
Iodine (from Kelp)	75 mcg	50%
Zinc (as Zinc Monomethionine***)	75 mg	682%

Proprietary Blend

450 mg

Dong Quai Root (*Angelica sinensis*), Damiana Leaf (*Turnera aphrodisiaca*), Dandelion Root (*Taraxacum officinale*), Inositol, Licorice Root (*Glycyrrhiza glabra*), Wild Yam Root (*Dioscorea villosa*), Blessed Thistle (Whole Plant) (*Cnicus benedictus*), Partridge Berry (*Mitchella repens*), Red Raspberry Leaf (*Rubus idaeus*)

*Daily Value not established.

OTHER INGREDIENTS: Hypromellose (Capsule), Microcrystalline Cellulose, Vegetable Magnesium Stearate and Dicalcium Phosphate.

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

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