

**Mineral Complement:**

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

**PRODUCT #04401**

**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  **OptiZinc®**  
 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 Girls

## Multivitamin Tablets

Dong Quai Root  
 Wild Yam Root  
 Vitamin A,C,D,E  
 And More...

Dietary Supplement  
 90 Vegetarian Tablets

**Supplement Facts**

4.5 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)	40 mg	250%
Vitamin B6 (as Pyridoxine Hydrochloride)	40 mg	2353%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 150 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	138 mcg DFE	35%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	400 mcg	1333%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	1600%
Choline (as Choline Bitartrate)	40 mg	7%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	10 mg	91%
Manganese (as Manganese Amino Acid Chelate)	10 mg	435%

**Proprietary Blend 350 mg \***  
 Organic Parsley Leaf (*Petroselinum crispum*), Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Organic Dong Quai Root (*Angelica sinensis*), Organic Dandelion Root (*Taraxacum officinale*), 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  
 6003 RANDOLPH BLVD, SAN ANTONIO, TEXAS 78233

