

Mineral Complement:

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

PRODUCT #04410

DIRECTIONS: As a dietary supplement, take two (2) 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®**

**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 Capsules

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

Dietary Supplement
 60 Vegetarian Capsules

**Supplement Facts**

30 servings per container

Serving Size**Two (2) Veggie Capsules**

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 88 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	150 mcg DFE	38%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	200 mcg	667%
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: Hypromellose(Capsule), Dicalcium Phosphate, Microcrystalline Cellulose and Leucine.

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

