

Mineral Complement:

05008 ESSENTIAL MINERALS – 120 TABS

05009 ESSENTIAL MINERALS – 240 TABS

PRODUCT #04411

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® 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.



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
120 Vegetarian Capsules



Supplement Facts

60 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	150 mcg DFE	38%
(as [6S]-5-methyltetrahydrofolic acid equivalent to 88 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)		
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	200 mcg	667%
Pantothenic Acid	80 mg	1600%
(as d-Calcium Pantothenate)		
Choline (as Choline Bitartrate)	40 mg	7%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	10 mg	91%
Manganese	10 mg	435%
(as Manganese Amino Acid Chelate)		

Proprietary Blend	350 mg	*
Organic Parsley Leaf (<i>Petroselinum crispum</i>), Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Organic Dong Quai Root (<i>Angelica sinensis</i>), Organic Dandelion Root (<i>Taraxacum officinale</i>), Rutin and Hesperidin		

*Daily Value not established.

OTHER INGREDIENTS: Hypromellose(Capsule), Dicalcium Phosphate, Microcrystalline Cellulose and Leucine.

MANUFACTURED FOR MICHAEL'S® NATUROPATHIC PROGRAMS
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