

Mineral Complement:

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

PRODUCT #04501

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  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 Girls

Multivitamin Tablets

Echinacea

Wild Yam Root

Vitamin A,C,D,E

And More...

Dietary Supplement

120 Vegetarian Tablets



Supplement Facts

60 servings per container

Serving Size

Two (2) Tablets

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 Tocopheryl Succinate)	67 mg	447%
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	200 mcg	667%
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***)	5 mg	45%
Manganese (as Manganese Amino Acid Chelate)	5 mg	217%

Proprietary Blend

175 mg*

Flax Seed Extract (55% alpha-Linolenic Acid), Rutin, Blessed Thistle (Herb) (*Cnicus benedictus*), Inositol, Paba (Para-aminobenzoic Acid), Hesperidin, Organic Echinacea angustifolia and Organic Parsley Leaf (*Petroselinum crispum*)

*Daily Value not established.

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

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

