

Mineral Complement:
05008 ESSENTIAL MINERALS – 120 TABS
05009 ESSENTIAL MINERALS – 240 TABS

PRODUCT #04502

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.   **Quatrefolic®**

†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

Pre-Teen Girls *Multivitamin Tablets*

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

Dietary Supplement
30 Vegetarian Tablets



Supplement Facts

15 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 125 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	115 mcg DFE	29%
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
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