

PRODUCT #05009

DIRECTIONS: As a dietary supplement, take before bedtime with juice or food. Adults—four (4) tablets; Teens – two (2) tablets; Pre-Teens – one (1) tablet. Dosage may be increased as directed by a healthcare practitioner.

Double-sealed for your protection.
Do not use if outer seal is broken or missing.

CAUTION: KEEP OUT OF REACH OF CHILDREN.

Consumer Information Services
Voice Mail: 800-845-2730
www.michaelshealth.com

Certified Kosher. 

**ChromeMate® and OptiZinc® are Lonza trademarks.

CHROMEMATE® OptiZinc®

***ConcenTrace® is a Trademark of Trace Minerals Research.

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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

MH MICHAEL'S® HEALTH
NATUROPATHIC PROGRAMS
SINCE 1984

Essential Minerals❖

Calcium
Magnesium
Alfalfa
And More...

Mineral Supplement
240 Vegetarian Tablets



Supplement Facts

60 servings per container

Serving Size	Four (4) Tablets	
Amount Per Serving	% Daily Value	
Calcium (as Calcium Citrate)	400 mg	31%
Iron (as Iron Amino Acid Chelate†)	2 mg	11%
Iodine (from Kelp)	120 mcg	80%
Magnesium (as Magnesium Citrate)	400 mg	95%
Zinc (as Zinc Monomethionine**)	16 mg	145%
Selenium (as L-Selenomethionine)	12 mcg	22%
Manganese (as Manganese Amino Acid Chelate)	8 mg	348%
Chromium (as Chromium Polynicotinate**)	20 mcg	57%
Potassium (as Potassium Amino Acid Chelate)	80 mg	2%
Betaine Hydrochloride	100 mg	*
ConcenTrace®*** Alfalfa (Ionic Trace Mineral Complex from the Great Salt Lake, 72 naturally occurring minerals, plus other minerals found in seawater)	24 mg	*

*Daily Value not established.

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

†Contains soy.

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

❖This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

