

PRODUCT #01151

DIRECTIONS: As a dietary supplement, take four (4) capsules with breakfast or, for optimal results, take two (2) capsules with breakfast and two (2) capsules with lunch. Dosage may be increased as directed by a healthcare practitioner.

Manufactured with all natural fillers, binders and lubricants. This product contains no dairy, wheat, corn, soy, yeast, sugar or any artificial ingredients. Our products contain organically grown herbs, when available.

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

CAUTION: Not to be taken by pregnant or lactating women. Keep out of reach of children.

MANUFACTURED FOR
MICHAEL'S®
NATUROPATHIC PROGRAMS
PO BOX 34914
SAN ANTONIO, TEXAS 78265
A Division of Inner Health Group, Inc.

Consumer Information Services
Voice Mail: 800-845-2730

Certified by: Rabbi Alan Silver, M.D.
Orthodox Jewish Council

Please visit our website:
www.michaelshealth.com



✦ 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.

michael's®
naturopathic programs

formula PLN™

for pollen seasons

quercetin • nettle...
60 vegetarian & kosher capsules
vitamin, mineral &
herb supplement

tried & truthful



Supplement Facts

Serving Size: Four (4) Veggie Capsules
Servings Per Container: 15

Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene)	4000 IU	80%
Vitamin C (as Calcium Ascorbate)	400 mg	667%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	20 mg	1000%
Pantothenic Acid (as d-Calcium Pantothenate)	300 mg	3000%
Zinc (as Zinc Monomethionine**)	10 mg	67%
Manganese (as Manganese Amino Acid Chelate)	10 mg	500%
Molybdenum (as Molybdenum Amino Acid Chelate)	10 mcg	13%

Proprietary Blend 1.83 g (1830 mg)
Quercetin (from Sophora japonica), N-A-C (N-Acetyl-Cysteine), L-Histidine (as Hydrochloride), Eyebright Leaf (Euphrasia officinalis), Stinging Nettle Leaf (Urtica dioica), Bee Pollen, Dandelion Root (Taraxacum officinale), Flax Seed (10% Omega-3 Fatty Acids), Ginger Root (Zingiber officinalis), Juniper Berry (Juniperus communis), Oregon Grape Root (Mahonia aquifolia), MSM (Methylsulfonylmethane) and Green Tea Extract (95% Polyphenols, 50% EGCG***)

*Daily Value not established.

OTHER INGREDIENTS: Cellulose, Rice Flour and Vegetable Magnesium Stearate.

**OptiZinc® is a Trademark of InterHealth Nutraceuticals, Inc.

***Epigallocatechin gallate

Made in a GMP facility that processes egg, fish, milk, shellfish, soy, tree nut and wheat products.

Supports Healthy Histamine Production*

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