

Mineral Complement:

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

PRODUCT #04300

DIRECTIONS: As a dietary supplement, take three (3) tablets in the morning with breakfast. Dosage may be increased as directed by a healthcare practitioner.

Manufactured with all natural fillers, binders and coating. This product contains no dairy, wheat, gluten, corn, soy, yeast, sugar, starch 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: Keep out of reach of children.

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

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

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 naturopathic programs



**for
 women**

**NEW
 Smaller Size
 Tablets**

daily multi vitamin

vitamin & herb supplement

**90 vegetarian &
 kosher tablets**

tried & truthful

**Supplement Facts**

Serving Size: Three (3) Tablets

Servings Per Container: 30

Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	15,000 IU	300%
Vitamin C (as Calcium Ascorbate)	300 mg	500%
Vitamin D3 (as Cholecalciferol) (from Lanolin)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU	667%
Vitamin K2 (Menaquinone 7, MK-7) (from Geraniol (Pine))	10 mcg	33%
Thiamin (as Thiamin Mononitrate)	60 mg	4000%
Riboflavin	60 mg	3529%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	60 mg	3000%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 100 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	50 mcg	13%
Vitamin B-12 (as Methylcobalamin)	150 mcg	2500%
Biotin	150 mcg	50%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1000%
Iodine (from Kelp)	150 mcg	100%

Proprietary Blend 1.24 g (1235 mg)
 Dong Quai Root (Angelica sinensis), Bioflavonoids (from Citrus), Choline (as Choline Bitartrate), Dandelion Root (Taraxacum officinale), Flax Seed, Inositol, Licorice Root (Glycyrrhiza glabra), Wild Yam Root (Dioscorea opposita), PABA (Para-aminobenzoic Acid), Blessed Thistle (Whole Plant) (Cnicus benedictus), Red Raspberry Leaf (Rubus idaeus), Squawvine Leaf (Mitchella repens), Betaine Hydrochloride, Hesperidin and Rutin

*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Dicalcium Phosphate, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Natural Glaze.

**Quatrefolic® is a registered trademark of Gnosis S.p.A.

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

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Scan for product information.



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