

Mineral Complement:

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

PRODUCT #04410

DIRECTIONS: As a dietary supplement, take two (2) capsules in the morning with breakfast. Dosage may be increased as directed by a healthcare practitioner.

Manufactured with all natural fillers, binders and lubricants. This product contains no dairy, wheat, gluten, 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: 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

Visit our website:
www.michaelshealth.com



michael's®
 naturopathic programs



teen girls CAPS

daily multi vitamin

vitamin & herb supplement
 60 vegetarian &
 kosher capsules

tried & truthful

**Supplement Facts**

Serving Size: Two (2) Veggie Capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	10,000 IU	200%
Vitamin C (as Calcium Ascorbate)	200 mg	333%
Vitamin D3 (as Cholecalciferol) (from Lanolin)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	100 IU	333%
Vitamin K2 (Menaquinone 7, MK-7) (from Geraniol [Pine])	10 mcg	13%
Thiamin (as Thiamin Mononitrate)	40 mg	2667%
Riboflavin	40 mg	2353%
Niacin (as Niacinamide)	40 mg	200%
Vitamin B-6 (as Pyridoxine Hydrochloride)	40 mg	2000%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 300 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	150 mcg	38%
Vitamin B-12 (as Methylcobalamin)	500 mcg	8333%
Biotin	200 mcg	67%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	800%
Zinc (as Zinc Monomethionine***)	10 mg	67%
Manganese (as Manganese Amino Acid Chelate)	10 mg	500%

Proprietary Blend	440 mg
Parsley Leaf (Petroselinum sativum), Inositol, Bioflavonoids (from Citrus), Flax Seed Extract (55% alpha-Linolenic Acid), Choline (as Choline Bitartrate), PABA (Para-aminobenzoic Acid), Dong Quai Root (Angelica sinensis), Dandelion Root (Taraxacum officinale), Rutin and Hesperidin	

*Daily Value not established.

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

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

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

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

072314

Scan for product information.

