

**Mineral Complement:**

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

**PRODUCT #04500**

**DIRECTIONS:** As a dietary supplement, take two (2) 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, 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](http://www.michaelshealth.com)



**michael's®**  
 naturopathic programs



# pre-teen girls

## daily multi vitamin

vitamin & herb supplement  
 60 vegetarian &  
 kosher tablets

**tried & truthful**

**Supplement Facts**

Serving Size: Two (2) Tablets

Servings Per Container: 30

| Amount Per Serving                                                                                                           |         | % Daily Value |
|------------------------------------------------------------------------------------------------------------------------------|---------|---------------|
| Vitamin A (as Beta Carotene)                                                                                                 | 5000 IU | 100%          |
| 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 (Menquinone 7, MK-7) (from Geraniol [Pine])                                                                       | 10 mcg  | 33%           |
| Thiamin (as Thiamin Mononitrate)                                                                                             | 20 mg   | 1333%         |
| Riboflavin                                                                                                                   | 20 mg   | 1176%         |
| Niacin (as Niacinamide)                                                                                                      | 20 mg   | 100%          |
| Vitamin B-6 (as Pyridoxine Hydrochloride)                                                                                    | 20 mg   | 1000%         |
| Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 250 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**) | 125 mcg | 31%           |
| Vitamin B-12 (as Methylcobalamin)                                                                                            | 200 mcg | 3333%         |
| Biotin                                                                                                                       | 200 mcg | 67%           |
| Pantothenic Acid (as d-Calcium Pantothenate)                                                                                 | 40 mg   | 400%          |
| Zinc (as Zinc Monomethionine***)                                                                                             | 5 mg    | 33%           |
| Manganese (as Manganese Amino Acid Chelate)                                                                                  | 5 mg    | 250%          |

|                                                                                                                                                                                                                                                                                                            |               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <b>Proprietary Blend</b>                                                                                                                                                                                                                                                                                   | <b>245 mg</b> |
| Bioflavonoids (from Citrus), Flax Seed Extract (55% alpha-Linolenic Acid), Rutin, Blessed Thistle (Whole Plant) (Cnicus benedictus), Choline (as Choline Bitartrate), Inositol, PABA (Para-aminobenzoic Acid), Echinacea Root (Echinacea angustifolia), Hesperidin and Parsley Leaf (Petroselinum sativum) |               |

\*Daily Value not established.

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

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

\*\*\*OpsZinc® is a Trademark of InterHealth Nutraceuticals, Inc.

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

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