

PRODUCT #01109

DIRECTIONS: As a dietary supplement, take four (4) tablets with breakfast or, for optimal results, take two (2) tablets with breakfast and two (2) tablets with lunch or dinner. 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, 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
Voicemail: 800-845-2730

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

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

hair, skin & nails complex™

biotin • MSM...
60 vegetarian & kosher tablets
vitamin, mineral &
herb supplement

tried & truthful



Supplement Facts

Serving Size: Four (4) Tablets

Servings Per Container: 15

Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	10,000 IU	200%
Vitamin C (as Ascorbic Acid)	300 mg	500%
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU	667%
Niacin (as Niacinamide)	30 mg	150%
Vitamin B-6 (as Pyridoxine Hydrochloride)	15 mg	750%
Vitamin B-12 (as Cyanocobalamin)	18 mcg	300%
Biotin	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg	300%
Calcium (as Dicalcium Phosphate)	409 mg	41%
Phosphorus	312 mg	31%
Iodine (from Kelp)	339 mcg	226%
Magnesium (as Magnesium Chelate and Oxide)	200 mg	50%
Zinc (as Zinc Monomethionine**)	15 mg	100%
Copper (as Copper Gluconate)	286 mcg	14%
Manganese (as Manganese Gluconate)	6 mg	286%
Potassium (as Potassium Chelate)	101 mg	3%

Proprietary Blend	1.1 g (1099 mg)
Bioflavonoids (from Citrus), Horsetail Grass (Equisetum arvense), MSM (Methylsulfonylmethane), Red Clover Flower (Trifolium pratense), Burdock Root (Arctium lappa), Choline (as Choline Bitartrate), PABA (Para-aminobenzoic Acid), Lecithin (from Soy), Betaine Hydrochloride and Inositol	

*Daily Value not established.

OTHER INGREDIENTS: Maltodextrin, Stearic Acid, Vegetable Magnesium Stearate and Natural Glaze.

Contains Soy

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

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

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