

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, 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
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



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)	3,000 IU	60%
Vitamin C (as Ascorbic Acid)	100 mg	167%
Calcium (as Calcium Citrate)	200 mg	20%
Vitamin E (as d-alpha Tocopherol)	25 IU	83%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	15 mg	750%
Vitamin B-12 (as Methylcobalamin)	15 mcg	250%
Biotin	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%
Iodine (from Kelp)	100 mcg	67%
Magnesium (as Magnesium Amino Acid Chelate)	100 mg	25%
Zinc (as Zinc Monomethionine**)	10 mg	67%
Copper (as Copper Gluconate)	100 mcg	5%
Manganese (as Manganese Gluconate)	5 mg	250%
Potassium (as Potassium Amino Acid Chelate)	75 mg	2%

Proprietary Blend 560 mg
MSM (Methylsulfonylmethane), Bioflavonoids (from Citrus), Red Clover Flower (Trifolium pratense), Burdock Root (Arctium lappa), Choline (as Choline Bitartrate), PABA (Para-aminobenzoic Acid), Lecithin (from Sunflower) and Inositol

*Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Modified Cellulose Gum, Stearic Acid, Clear Coating (HPMC and Triacetin), Vegetable Magnesium Stearate and Silicon Dioxide.

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

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

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Scan for more product information.

