

PRODUCT #05008

DIRECTIONS: As a dietary supplement, take before bedtime with juice or food. Adults—four (4) tablets; Teens—two (2) tablets; Pre-Teens—one (1) tablet. 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.

Double-sealed for your protection. Do not use if outer seal is broken or missing.

MANUFACTURED FOR
MICHAEL'S®
NATUROPATHIC PROGRAMS
PO BOX 34914
SAN ANTONIO, TX 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

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a physician or Poison Control Center immediately.

michael's®
naturopathic programs



essential minerals™

comprehensive spectrum
macro, micro & trace minerals

120 vegetarian & kosher tablets
mineral supplement

tried & truthful



Supplement Facts

Serving Size: Four (4) Tablets
Servings Per Container: 30

Amount Per Serving	% Daily Value	
Calcium (as Calcium Citrate)	400 mg	40%
Iron (as Iron Amino Acid Chelate)	2 mg	11%
Iodine (from Kelp)	120 mcg	80%
Magnesium (as Magnesium Citrate)	400 mg	100%
Zinc (as Zinc Monomethionine**)	16 mg	107%
Selenium (as L-Selenomethionine)	12 mcg	17%
Manganese (as Manganese Amino Acid Chelate)	8 mg	400%
Chromium (as Chromium Polynicotinate**)	20 mcg	17%
Potassium (as Potassium Amino Acid Chelate)	80 mg	2%
Betaine Hydrochloride	100 mg	*
ConcenTrace®*** Alfalfa (Ionic Trace Mineral Complex from the Great Salt Lake, 72 naturally occurring minerals, plus other minerals found in seawater)	24 mg	*

*Daily Value not established.

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

**OptiZinc® and ChromeMate® are Trademarks of InterHealth Nutraceuticals, Inc.

***ConcenTrace® is a Trademark of Trace Minerals Research.

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

❖ 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.

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Scan for more product information.

