

Mineral Complement:

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

PRODUCT #04100

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, 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



michael's®
 naturopathic programs



teen boys tabs

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)	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)	80 mg	400%
Vitamin B-6 (as Pyridoxine Hydrochloride)	40 mg	2000%
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)	500 mcg	8333%
Biotin	40 mcg	13%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	800%
Zinc (as Zinc Monomethionine***)	15 mg	100%

Proprietary Blend	505 mg	*
Parsley Leaf (Petroselinum sativum), Choline (as Choline Bitartrate), Inositol, Bioflavonoids (from Citrus), Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Oriental Ginseng Root (Panax ginseng), Pumpkin Seed (Cucurbita pepo), Saw Palmetto Berry (Serenoa serrulata), Rutin and Hesperidin		

*Daily Value not established.

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

**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.

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