

Mineral Complement:

05008 ESSENTIAL MINERALS – 120 TABS

05009 ESSENTIAL MINERALS – 240 TABS

PRODUCT #04200

DIRECTIONS: As a dietary supplement, take one (1) tablet 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

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A Division of Inner Health Group, Inc.

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

www.michaelshealth.com



michael's®
naturopathic programs

pre-teen
boys

daily multi vitamin
vitamin & herb supplement
30 vegetarian &
kosher tablets

tried & truthful

**Supplement Facts**

Serving Size: One (1) Tablet

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)	50 IU	167%
Vitamin K2 (Menaquinone 7, MK-7) (from Geraniol [Pine])	10 mcg	13%
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	20 mcg	7%
Pantothenic Acid (as d-Calcium Pantothenate)	40 mg	400%
Zinc (as Zinc Monomethionine***)	7 mg	47%

Proprietary Blend 271 mg *

Flax Seed Extract (55% alpha-Linolenic Acid), Bioflavonoids (from Citrus), Choline (as Choline Bitartrate), Inositol, PABA (Para-aminobenzoic Acid), Pumpkin Seed (Cucurbita pepo) and Oriental Ginseng Root (Panax ginseng)

*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Dicalcium Phosphate, 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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