

**Mineral Complement:**

05008 ESSENTIAL MINERALS – 120 TABS

05009 ESSENTIAL MINERALS – 240 TABS

**PRODUCT #04201**

**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**

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](http://www.michaelshealth.com)

michael's®  
naturopathic programs

pre-teen  
boys

daily multi vitamin  
vitamin & herb supplement  
60 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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