

Mineral Complement:

05008 ESSENTIAL MINERALS – 120 TABS

05009 ESSENTIAL MINERALS – 240 TABS

PRODUCT #04501

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, soy, yeast, sugar 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



pre-teen girls

daily multi vitamin

vitamin & herb supplement
120 vegetarian &
kosher tablets

tried & truthful

**Supplement Facts**

Serving Size: Two (2) Tablets

Servings Per Container: 60

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)	100 IU	333%
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	200 mcg	67%
Pantothenic Acid (as d-Calcium Pantothenate)	40 mg	400%
Zinc (as Zinc Monomethionine***)	5 mg	33%
Manganese (as Manganese Amino Acid Chelate)	5 mg	250%

Proprietary Blend	245 mg	*
Bioflavonoids (from Citrus), Flax Seed Extract (55% alpha-Linolenic Acid), Rutin, Blessed Thistle (Whole Plant) (Cnicus benedictus), Choline (as Choline Bitartrate), Inositol, PABA (Para-aminobenzoic Acid), Echinacea Root (Echinacea angustifolia), Hesperidin and Parsley Leaf (Petroselinum sativum)		

*Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Maltodextrin, 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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