

## A Naturopathic Approach to Graceful Aging

**MH** MICHAEL'S® HEALTH  
NATUROPATHIC PROGRAMS  
SINCE 1984

### Hair, Skin and Nails Complex™

Our health is reflected in the health of our hair, skin and nails. Wide arrays of nutrients in meaningful amounts are required to maintain a high level of structural integrity. Maintaining this integrity requires supporting a number of different systems.

Formula is high in key antioxidants:

**Vitamins A, C, E and Zinc.**

**Vitamin A** – Fat-soluble nutrient important to immune system, formation of bones, teeth and skin, and maintenance of outer layer of tissues and organs. Essential for eyes, including night vision. Supports growth and repair of body tissues, and promotes healthy hair.

**Vitamin C** – increases iron absorption, is essential for both the production of collagen and for the immune system, strengthens blood vessels, and helps maintain healthy teeth, gums and bones.

**Biotin** – acts as a coenzyme for four enzymes, which play essential roles in the metabolism of glucose, amino acids, and fatty acids.

**Burdock Root and Red Clover** – liver cleansing support.

**MSM (Methylsulfonylmethane)** – supplies sulfur, a key component of proteins that maintain elasticity of connective tissue.

**Inositol** – a sugar-like vitamin of the B-complex, is involved in the metabolism of carbohydrates and fats.



### Memory Factors™

MEMORY FACTORS™ blends vitamins, minerals, herbs, and amino acids in *high potencies* to provide nourishment for the various aspects of memory and cognition.

These include:

**Vitamin E** – protects fat-soluble vitamins, and helps to maintain healthy nerves and muscles.

**Niacin** – is a B-complex nutrient which is necessary for growth and the proper functioning of the nervous system. Niacin is a vasodilator.

**Pantothenic Acid** – is essential for growth, contributes to energy production, and is necessary for the skin.

**Selenium** – part of the enzyme Glutathione Peroxidase which helps to protect lipid-rich tissue like the brain.

**Choline** – is involved in lecithin formation and needed for the synthesis of acetylcholine (a neurotransmitter).

**Unsaturated Fatty Acids** (from Flax seed) – needed for growth. Flax is a rich source of the essential fatty acid alpha-linolenic acid (ALA). In the body, some ALA is converted to omega-3 fatty acids.

**Glutamine** – Because the cells of the immune system and the intestinal tract are dividing and being renewed constantly, they need glutamine because it represents quickly available fuel. In addition, some of the glutamine in the blood is changed into glutamic acid in the brain where the cellular toxin ammonia is detoxified by being reconverted to glutamine.

**Ginkgo biloba** – traditional herb.

**Taurine** – demonstrates neurotransmitter effects and acts as an antioxidant.

**Tyrosine** – Precursor to neurotransmitters (dopamine and norepinephrine) and hormones (thyroid hormones T3 and T4).



S u p p l e m e n t F a c t s		
Serving Size	Four (4) Tablets	
Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	900 mcg	100%
Vitamin C (as Ascorbic Acid)	100 mg	111%
Vitamin E (as d-alpha Tocopheryl Succinate)	17 mg	113%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	15 mg	882%
Vitamin B12 (as Methylcobalamin)	15 mcg	625%
Biotin	100 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	300%
Choline (as Choline Bitartrate)	50 mg	9%
Calcium (as Calcium Citrate)	200 mg	15%
Iodine (from Kelp)	100 mcg	67%
Magnesium (as Magnesium Amino Acid Chelate)	100 mg	24%
Zinc (as Zinc Monomethionine**)	10 mg	91%
Copper (as Copper Gluconate)	100 mcg	11%
Manganese (as Manganese Gluconate)	5 mg	217%
Potassium (as Potassium Amino Acid Chelate)	75 mg	2%
<b>Proprietary Blend</b>	<b>410 mg</b>	<b>*</b>
MSM (Methylsulfonylmethane), Red Clover Flower ( <i>Trifolium pratense</i> ), Burdock Root ( <i>Arctium lappa</i> ), PABA (Para-aminobenzoic Acid), Lecithin (from Sunflower) and Inositol		

\*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid, Dicalcium Phosphate, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Pharmaceutical Glaze (Shellac, Povidone).

\*\*OptiZinc® is a Lonza trademark.

**OptiZinc®**

CAUTION: KEEP OUT OF REACH OF CHILDREN. Not to be taken by pregnant or lactating women.

S u p p l e m e n t F a c t s		
Serving Size	Three (3) Tablets	
Amount Per Serving	% Daily Value	
Vitamin E (as d-alpha Tocopherol Succinate)	50 mg	333%
Thiamin (as Thiamin Mononitrate)	50 mg	4167%
Niacin (as Niacinamide and 33% Nicotinic Acid)	150 mg	938%
Vitamin B6 (as Pyridoxine Hydrochloride)	15 mg	882%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 25 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	23 mcg DFE	6%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg	100%
Choline (as Choline Bitartrate)	150 mg	27%
Magnesium (as Magnesium Amino Acid Chelate)	50 mg	12%
Zinc (as Zinc Monomethionine***)	5 mg	45%
Selenium (as L-Selenomethionine)	50 mcg	91%
Manganese (as Manganese Amino Acid Chelate)	5 mg	217%
<b>Proprietary Blend</b>	<b>617 mg</b>	<b>*</b>
Gotu Kola (Whole Plant) (Centella asiatica), Inositol, Lecithin (from Sunflower), Flax Seed, L-Glutamine, †Ginkgo (Leaf Extract) (24% Flavone Glycosides, 6% Ginkgolides), Taurine, L-Tyrosine and PABA (Para-aminobenzoic Acid)		

\*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Dicalcium Phosphate, Stearic Acid, Vegetable Magnesium Stearate, Modified Cellulose Gum, Silicon Dioxide and Pharmaceutical Glaze (Shellac, Povidone).

†Contains tree nuts.

\*\*Quatrefolic® is a registered trademark of Gnosis S.p.A. Patent No. 7,947,662.

**Quatrefolic®**

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6003 RANDOLPH BLVD  
SAN ANTONIO, TEXAS 78233

Consumer Information Services  
Voice Mail: 800-845-2730  
www.michaelshealth.com

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# A Naturopathic Approach to Graceful Aging

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## Sleep Factors™

Sleep is a key influence in maintaining emotional balance and generally promoting good health. Without sleep, true harmony within the body is not possible. Sleep, or lack thereof, may be an important, vastly under-appreciated determinant of health.

Many nutrients are necessary even during sleep. Some vitamins are important for stimulating amino acids, like tryptophan, into serotonin, a sleep neurotransmitter. During sleep, the body's autonomic systems are still controlling basic functions of glands, organs, muscles, metabolism, and respiration. To prepare for eight hours at night when we do not take in any new nourishment a store of nutrients must be available.

The following nutrients are essential for the overall health of the body and used during sleep:

**Calcium** – great for relaxation and is more readily absorbed by the body at night when the body's stores are also not being used. There is a well-established calcium-magnesium interaction that plays an important role in the body.

**Magnesium** – essential for calcium transport and utilization. Calcium and magnesium both play a role in nervous system function.

**Niacinamide** – a form of the B-complex vitamin niacin and is required for aerobic metabolism and the conversion of the amino acid phenylalanine to tryptophan.

In addition:

**5-HTP** can enhance the production of serotonin in the body.

**Melatonin** is known for its ability to facilitate sleep.

**Passionflower, Hops** and **Skullcap** are herbal nervines known for their relaxing properties.



## Supplement Facts

Serving Size	Three (3) Veggie Caps	
Amount Per Serving		% Daily Value
Calcium (as Calcium Citrate)	200 mg	15%
Magnesium (as Magnesium Citrate)	200 mg	48%
5-HTP (5-Hydroxytryptophan) ( <i>Griffonia simplicifolia</i> ) (Seed)	100 mg	*
GABA (Gamma Amino Butyric Acid)	50 mg	*
Melatonin	10 mg	*

\*Daily Value not established.

OTHER INGREDIENTS: Hypromellose (Capsule), Microcrystalline Cellulose, and Leucine.

**CAUTION: KEEP OUT OF REACH OF CHILDREN.** If you have a medical condition, are planning any medical procedure, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially SSRIs, MAO inhibitors, anti-depressants, sedatives, or drugs for Parkinson's or psychiatric disorders), consult your healthcare professional before using this product. Do not take with alcoholic beverages or when operating machinery or driving a vehicle.

## Joint Mobility Factors™

Provided in this formula are the essential nutrients in meaningful amounts that are necessary for the nourishment and proper functioning of the joints. Ingredients include:

**Vitamin D** – an essential element in the functioning of joints because it participates in healthy bone formation at any age. It also serves as an agent for normal mineralization of bone and cartilage.

**Vitamin B6** – necessary for the metabolism of fats, carbohydrates, and proteins. It is also important because it aids in nerve and muscle growth.

**Niacinamide**, a derivative of the vitamin niacin and part of the B complex group, is essential for the proper functioning of the nervous system which aids in the process of mobility.

**Potassium** – helps control the fluid volume in cells. It is important to maintain proper amounts of fluids within the cells, as well as outside the cells.

**Magnesium** – is the body's fourth most abundant mineral and, as an electrolyte, is important in neuromuscular activity, neurotransmission within the central nervous system, and myocardial functioning.

**L-Histidine** – an essential amino acid in the body, is crucial for proper joint function because it produces histamine. This neurotransmitter serves as an agent of permeability in blood capillaries, which allows for proper feeding of the joint's connective tissue.

**Alfalfa Leaf, Yucca Root, White Willow Bark, Devil's Claw Root** – traditional herbs.

**Glucosamine Sulfate (GS)** – an amino sugar necessary for the construction of connective tissue. GS is one of the building blocks of proteoglycans, the ground substance of articular cartilage.

The Glucosamine in **JOINT MOBILITY FACTORS™** is non-GMO, 100% vegetarian, shellfish-free from GreenGrown® by Ethical Naturals®.



## Supplement Facts

Serving Size	Four (4) Tablets	
Amount Per Serving		% Daily Value
Vitamin D3 (as Cholecalciferol) (from Lanolin)	25 mcg	125%
Niacin (as Niacinamide)	300 mg	1875%
Vitamin B6 (as Pyridoxine Hydrochloride)	100 mg	5882%
Pantothenic Acid (as d-Calcium Pantothenate)	300 mg	6000%
Magnesium (as Magnesium Amino Acid Chelate)	300 mg	71%
Potassium (as Potassium Amino Acid Chelate)	289 mg	6%

Proprietary Blend	2.88 g (2882 mg)	*
Alfalfa Herb ( <i>Medicago sativa</i> ), Hydrangea Root ( <i>Hydrangea arborescens</i> ), Yucca filamentosa Root Powder, Glucosamine Sulfate Potassium Chloride (Vegetarian) (from Corn)**, Bromelain (from Pineapple), Indian frankincense Extract (Resin), Turmeric Extract (Rhizome) ( <i>Curcuma longa</i> ), Devil's Claw Root ( <i>Harpagophytum procumbens</i> ), DL-Phenylalanine, L-Histidine, Celery Seed ( <i>Apium graveolens</i> ), Corn Silk (Styles and Stigma) ( <i>Zea mays</i> ), Fennel Seed ( <i>Foeniculum vulgare</i> ), Uva Ursi Leaf ( <i>Arctostaphylos uva ursi</i> ), White Willow Bark ( <i>Salix alba</i> ) and MSM (Methylsulfonylmethane)		

\*Daily Value not established.

OTHER INGREDIENTS: Stearic Acid, Maltodextrin, Microcrystalline Cellulose, Dicalcium Phosphate, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Pharmaceutical Glaze (Shellac, Povidone).

\*\*GreenGrown® Glucosamine Sulfate is a Trademark of Ethical Naturals, Inc.

**CAUTION: KEEP OUT OF REACH OF CHILDREN.** Contains phenylalanine and should be avoided by phenylketonurics and women who are pregnant or lactating.

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