

A Naturopathic Approach to Healthy Children

MH MICHAEL'S® HEALTH
NATUROPATHIC PROGRAMS
SINCE 1984

Children's Chewables

For children up to 8 years of age.

- No added sugar or fructose.
- Sweetened with xylitol and stevia
- Tasty "Natural Fruit" flavor.
- Age-specific blend of vitamins and minerals. (See more information about the individual nutrients below.)



Supplement Facts				
Serving Size	1 Wafer for children 1-3 years 2 Wafers for children 4-8 years			
Amount Per Serving	1-3 yrs.	%DV	4-8 yrs.	%DV
Total Carbohydrates:	0.5 g.....*		1.0 g.....	<1%**
Vitamin A (as Beta Carotene)	750 mcg.....	250%	1500 mcg.....	167%
Vitamin C (as Ascorbic Acid).....	50 mg.....	333%	100 mg.....	111%
Vitamin D3 (as Cholecalciferol).....	2.5 mcg.....	17%	5 mcg.....	25%
Vitamin E (as d-alpha Tocopheryl Succinate)	5 mg.....	83%	10 mg.....	67%
Thiamin (as Thiamin Hydrochloride).....	1 mg.....	200%	2 mg.....	167%
Riboflavin.....	1 mg.....	200%	2 mg.....	154%
Niacin (as Niacinamide).....	10 mg.....	167%	20 mg.....	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	1 mg.....	200%	2 mg.....	118%
Folate	57 mcg.....	38%	115 mcg.....	29%
(as [6S]-5-methyltetrahydrofolic acid equivalent to 62.5 mcg/125 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt***)				
Vitamin B12 (as Methylcobalamin).....	3 mcg.....	333%	6 mcg.....	250%
Biotin	22.5 mcg.....	281%	45 mcg.....	150%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg.....	250%	10 mg.....	200%
Calcium (as Calcium Citrate).....	50 mg.....	7%	100 mg.....	8%
Iron (as Iron Fumarate).....	2.5 mg.....	36%	5 mg.....	28%
Iodine (from Kelp).....	35 mcg.....	39%	70 mcg.....	47%
Magnesium (as Magnesium Citrate).....	5 mg.....	6%	10 mg.....	2%
Zinc (as Zinc Oxide).....	2 mg.....	67%	4 mg.....	36%
Manganese (as Manganese Sulfate).....	0.5 mg.....	42%	1 mg.....	43%
Chromium (as Chromium Polynicotinate****).....	10 mcg.....	91%	20 mcg.....	57%
Proprietary Blend	15.25 mg	*	30.5 mg	*
Organic Flax Seed Powder, Inositol and PABA (Para-aminobenzoic Acid)				
Stevia Leaf Extract.....	10 mg.....	*	20 mg.....	*

**The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
*Daily Value not established.

OTHER INGREDIENTS: Xylitol, Stearic Acid, Citric Acid, Natural Fruit Punch Flavor, Vegetable Magnesium Stearate, Turmeric Root Extract (color), Dicalcium Phosphate, Silica, Potassium Amino Acid Chelate, Carrot Powder (color), Natural Orange Flavor, Natural Orange Fruit Powder, Natural Strawberry Powder and Natural Vanilla Flavor.

†From Lanolin.

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



****ChromeMate® is a Lonza trademark.



CAUTION: Not to be taken by pregnant or lactating women.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

©2023 MICHAEL'S® NATUROPATHIC PROGRAMS
6003 RANDOLPH BLVD
SAN ANTONIO, TEXAS 78233
Consumer Information Services
Voice Mail: 800-845-2730
www.michaelshealth.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

A Naturopathic Approach to Healthy Children

MH MICHAEL'S® HEALTH
NATUROPATHIC PROGRAMS
SINCE 1984

Pre-teen & Teen Multi vitamins

Healthy Growth and Development

Vitamin A for growth, immune system, bone growth, healthy tooth development.

Vitamin C essential for connective tissue, bones, cartilage, skin, immune system function.

Zinc for all cellular growth and for healthy reproductive system development, essential for the immune system, needed for carbohydrate metabolism because of role as co-factor in insulin production.

Vitamin D for bones and teeth, needed for the absorption of Calcium.

Rutin and Hesperidin – work synergistically with Vitamin C to promote integrity and strength of tissues.

Essential Fatty Acids (from Flax seed) – for cellular membrane growth and development.

B Complex vitamins – for nervous system development and all energy processes.

Choline – for brain development and neurotransmitter function.

Stress/Energy

B Complex Vitamins Thiamine, Riboflavin, Niacin, Pantothenic Acid, Vitamin B6, Folic Acid, Vitamin B12. Needed for activation of enzymes which regulate energy activities in the body, absolutely essential that they be consumed on a daily basis because they are water soluble, may be lost in urine, they are needed more during stressful occasions or strenuous activities such as sports participation.

Biotin – needed for energy reactions.

Pantothenic Acid and Vitamin C – adrenal support for counteracting effects of stress.

Additional concerns of Pre-teens & Teens

Immune system support – A, C, E, Folic Acid, B12, Zinc: needed for the immune system to develop properly and to function when needed.

Fat metabolism and proper fat processing – Choline and Inositol, Essential Fatty Acids.

Skin health – A, C, E, Biotin, Zinc.

Healthy Reproductive System Development

Dong Quai Root (in Teen Girls formula)



Supplement Facts		
Serving Size	One (1) Tablet	
Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	1500 mcg	167%
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Vitamin D3 (as Cholecalciferol†)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopherol Succinate)	34 mg	227%
Thiamin (as Thiamin Mononitrate)	20 mg	1667%
Riboflavin	20 mg	1538%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	20 mg	1176%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 125 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	115 mcg DFE	29%
Vitamin B12 (as Methylcobalamin)	200 mcg	8333%
Biotin	20 mcg	67%
Pantothenic Acid (as d-Calcium Pantothenate)	40 mg	800%
Choline (as Choline Bitartrate)	20 mg	4%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	7 mg	64%
Proprietary Blend	201 mg	*
Flax Seed Extract (55% alpha-Linolenic Acid), Inositol, Organic Pumpkin Seed (<i>Cucurbita pepo</i>), PABA (Para-aminobenzoic Acid) and Asian Ginseng Root (<i>Panax ginseng</i>)		

*Daily Value not established.

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

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

†From Lanolin.

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



***OptiZinc® is a Lonza trademark.



Supplement Facts		
Serving Size	Two (2) Tablets	
Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	1500 mcg	167%
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Vitamin D3 (as Cholecalciferol†)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamin (as Thiamin Mononitrate)	20 mg	1667%
Riboflavin	20 mg	1538%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	20 mg	1176%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 125 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	115 mcg DFE	29%
Vitamin B12 (as Methylcobalamin)	200 mcg	8333%
Biotin	200 mcg	667%
Pantothenic Acid (as d-Calcium Pantothenate)	40 mg	800%
Choline (as Choline Bitartrate)	20 mg	4%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	5 mg	45%
Manganese (as Manganese Amino Acid Chelate)	5 mg	217%
Proprietary Blend	175 mg	*
Flax Seed Extract (55% alpha-Linolenic Acid), Rutin, Blessed Thistle (Herb) (<i>Cnicus benedictus</i>), Inositol, PABA (Para-aminobenzoic Acid), Hesperidin, Organic <i>Echinacea angustifolia</i> and Organic Parsley Leaf (<i>Petroselinum crispum</i>)		

*Daily Value not established.

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

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

†From Lanolin.

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



***OptiZinc® is a Lonza trademark.



©2023 MICHAEL'S® NATUROPATHIC PROGRAMS
6003 RANDOLPH BLVD
SAN ANTONIO, TEXAS 78233
Consumer Information Services
Voice Mail: 800-845-2730
www.michaelshealth.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

A Naturopathic Approach to Healthy Children

MH

MICHAEL'S® HEALTH
NATUROPATHIC PROGRAMS
SINCE 1984



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

Supplement Facts

Serving Size		Two (2) Tablets
Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene)	3000 mcg	333%
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Vitamin D3 (as Cholecalciferol†)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamin (as Thiamin Mononitrate)	40 mg	3333%
Riboflavin	40 mg	3077%
Niacin (as Niacinamide)	80 mg	500%
Vitamin B6 (as Pyridoxine Hydrochloride)	40 mg	2353%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 125 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	115 mcg DFE	29%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	40 mcg	133%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	1600%
Choline (as Choline Bitartrate)	80 mg	15%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	15 mg	136%
Proprietary Blend	375 mg	*
Organic Parsley Leaf (<i>Petroselinum crispum</i>), Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Asian Ginseng Root (<i>Panax ginseng</i>), Organic Pumpkin Seed (<i>Cucurbita pepo</i>), Saw Palmetto Berry (<i>Serenoa serrulata</i>), Rutin and Hesperidin		

*Daily Value not established.

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

†From Lanolin.

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



***OptiZinc® is a Lonza trademark.



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

Supplement Facts

Serving Size		Two (2) Veggie Capsules
Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene)	3000 mcg	333%
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Vitamin D3 (as Cholecalciferol†)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamin (as Thiamin Mononitrate)	40 mg	3333%
Riboflavin	40 mg	3077%
Niacin (as Niacinamide)	80 mg	500%
Vitamin B6 (as Pyridoxine Hydrochloride)	40 mg	2353%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 75 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	125 mcg DFE	31%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	40 mcg	133%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	1600%
Choline (as Choline Bitartrate)	80 mg	15%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	15 mg	136%
Proprietary Blend	275 mg	*
Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Asian Ginseng Root (<i>Panax ginseng</i>), Organic Pumpkin Seed (<i>Cucurbita pepo</i>), Organic Saw Palmetto Berry (<i>Serenoa serrulata</i>), Rutin and Hesperidin		

*Daily Value not established.

OTHER INGREDIENTS: Hypromellose (Capsule), Dicalcium Phosphate, Microcrystalline Cellulose, Leucine and Silicon Dioxide.

†From Lanolin.

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



***OptiZinc® is a Lonza trademark.



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

Supplement Facts

Serving Size		Two (2) Tablets
Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene)	3000 mcg	333%
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Vitamin D3 (as Cholecalciferol†)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamin (as Thiamin Mononitrate)	40 mg	3333%
Riboflavin	40 mg	3077%
Niacin (as Niacinamide)	40 mg	250%
Vitamin B6 (as Pyridoxine Hydrochloride)	40 mg	2353%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 150 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	138 mcg DFE	35%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	400 mcg	1333%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	1600%
Choline (as Choline Bitartrate)	40 mg	7%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	10 mg	91%
Manganese (as Manganese Amino Acid Chelate)	10 mg	435%
Proprietary Blend	350 mg	*
Organic Parsley Leaf (<i>Petroselinum crispum</i>), Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Organic Dong Quai Root (<i>Angelica sinensis</i>), Organic Dandelion Root (<i>Taraxacum officinale</i>), Rutin and Hesperidin		

*Daily Value not established.

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

†From Lanolin.

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



***OptiZinc® is a Lonza trademark.



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

Supplement Facts

Serving Size		Two (2) Veggie Capsules
Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene)	3000 mcg	333%
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Vitamin D3 (as Cholecalciferol†)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamin (as Thiamin Mononitrate)	40 mg	3333%
Riboflavin	40 mg	3077%
Niacin (as Niacinamide)	40 mg	250%
Vitamin B6 (as Pyridoxine Hydrochloride)	40 mg	2353%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 150 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	138 mcg DFE	35%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	200 mcg	667%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	1600%
Choline (as Choline Bitartrate)	40 mg	7%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	10 mg	91%
Manganese (as Manganese Amino Acid Chelate)	10 mg	435%
Proprietary Blend	350 mg	*
Organic Parsley Leaf (<i>Petroselinum crispum</i>), Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Organic Dong Quai Root (<i>Angelica sinensis</i>), Organic Dandelion Root (<i>Taraxacum officinale</i>), Rutin and Hesperidin		

*Daily Value not established.

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

†From Lanolin.

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



***OptiZinc® is a Lonza trademark.



Supplement Facts

Serving Size		Four (4) Tablets
Amount Per Serving		% Daily Value
Calcium (as Calcium Citrate)	400 mg	31%
Iron (as Iron Amino Acid Chelate†)	2 mg	11%
Iodine (from Kelp)	120 mcg	80%
Magnesium (as Magnesium Citrate)	400 mg	95%
Zinc (as Zinc Monomethionine**)	16 mg	145%
Selenium (as L-Selenomethionine)	12 mcg	22%
Manganese (as Manganese Amino Acid Chelate)	8 mg	348%
Chromium (as Chromium Polynicotinate**)	20 mcg	57%
Potassium (as Potassium Amino Acid Chelate)	80 mg	2%
Betaine Hydrochloride	100 mg	*
ConcenTrace®*** Alfalfa (Ionic Trace Mineral Complex from the Great Salt Lake, 72 naturally occurring minerals, plus other minerals found in seawater)	24 mg	*

*Daily Value not established.

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

†Contains soy.

**ConcenTrace® and OptiZinc® are Lonza trademarks.



***ConcenTrace® is a Trademark of Trace Minerals Research.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

©2023 MICHAEL'S® NATUROPATHIC PROGRAMS
6003 RANDOLPH BLVD
SAN ANTONIO, TEXAS 78233
Consumer Information Services
Voice Mail: 800-845-2730
www.michaelshealth.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

ESSENTIAL MINERALS

In addition to a daily multi vitamin, consider the importance of Minerals. They are essential to growth, development, and the overall health of your children.