

A Naturopathic Approach to Women's Health

MH MICHAEL'S® HEALTH
NATUROPATHIC PROGRAMS
SINCE 1984

For Women

Multivitamin Capsules

Some of the nutrients are higher in these formulas than are available in other multivitamins, especially in comparison to most 1-a-day tablets. All MICHAEL'S® multivitamins were formulated to provide what the body needs regarding the individual nutrients. In the case of Choline, Inositol, Niacin and Pantothenic Acid, the amounts are doubled because of the concerns that people have about cholesterol and energy.



Supplement Facts

Serving Size	Three (3) Capsules	
Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	2250 mcg	250%
Vitamin C (as Calcium Ascorbate)	150 mg	167%
Vitamin D3 (as Cholecalciferol†)	5 mcg (200 IU)	25%
Vitamin E (as d-alpha Tocopherol Succinate)	67 mg	447%
Thiamin (as Thiamin Mononitrate)	30 mg	2500%
Riboflavin	30 mg	2308%
Niacin (as Niacinamide)	50 mg	313%
Vitamin B6 (as Pyridoxine Hydrochloride)	30 mg	1765%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 15 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	14 mcg DFE	4%
Vitamin B12 (as Methylcobalamin)	75 mcg	3125%
Biotin	75 mcg	250%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	1000%
Choline (as Choline Bitartrate)	50 mg	9%
Calcium (as Calcium Ascorbate)	18 mg	1%
Iodine (from Kelp)	75 mcg	50%
Zinc (as Zinc Monomethionine***)	75 mg	682%

Proprietary Blend	450 mg	*
Dong Quai Root (<i>Angelica sinensis</i>), Damiana Leaf (<i>Turnera aphrodisiaca</i>), Dandelion Root (<i>Taraxacum officinale</i>), Inositol, Licorice Root (<i>Glycyrrhiza glabra</i>), Wild Yam Root (<i>Dioscorea villosa</i>), Blessed Thistle (Whole Plant) (<i>Cnicus benedictus</i>), Partridge Berry (<i>Mitchella repens</i>), Red Raspberry Leaf (<i>Rubus idaeus</i>)		

*Daily Value not established.

OTHER INGREDIENTS: Hypromellose(Capsule), Microcrystalline Cellulose, Vegetable Magnesium Stearate and Dicalcium Phosphate.

†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.

Essential Minerals

MICHAEL'S® ESSENTIAL MINERALS provides additional support. This formula contains a variety of the body's essential minerals, from macro minerals including Calcium, Magnesium and Potassium, to trace minerals such as Iron, Iodine, Zinc, Selenium, Manganese and Chromium, with Betaine Hydrochloride and a trace mineral complex.



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.

**ChromeMate® 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.

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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.

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Pre-teen & Teen Multivitamins

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.



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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 (*Petroselinum crispum*), Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Organic Dong Quai Root (*Angelica sinensis*), Organic Dandelion Root (*Taraxacum officinale*), 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.

Quatrefolic®

*** OptiZinc® is a Lonza trademark.

OptiZinc®

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 (*Petroselinum crispum*), Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Organic Dong Quai Root (*Angelica sinensis*), Organic Dandelion Root (*Taraxacum officinale*), Rutin and Hesperidin

* Daily Value not established.

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

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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) (*Cnicus benedictus*), Inositol, PABA (Para-aminobenzoic Acid), Hesperidin, Organic Echinacea *angustifolia* and Organic Parsley Leaf (*Petroselinum crispum*)

* Daily Value not established.

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

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A Naturopathic Approach to Women's Health

MH MICHAEL'S® HEALTH
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SINCE 1984

Female Reproductive Factors™

Certain nutrients are important to overall health during the reproductive cycle and during pregnancy and lactation. Those nutrients are:

Vitamin A – a fat-soluble nutrient with an important role in the formation of bones, teeth and skin, necessary during pregnancy and lactation. Since fetal requirements for vitamin A increase maternal needs, a 25% increase over pre-pregnancy intake is advised by many experts.

Beta Carotene – the non-toxic preferred source for vitamin A because the body converts it into vitamin A only as it is needed.

Vitamin C – needs increase during pregnancy. It is essential for the absorption of inorganic iron, functions in the production of collagen, and is essential for the immune system. Breast milk contains a wide variance of vitamin C depending on intake.

Vitamin E – essential for the hair, skin and mucous membranes. It also participates in the synthesis of hemoglobin.

B-Complex vitamins – needed during pregnancy for two reasons: blood levels generally decline during pregnancy; and, fetal levels exceed those in the mother, reflecting active transport across the placenta. **Vitamin B6** is necessary for the proper functioning of both nerves and muscles, including pressure-sensitive nerve cells and cardiac muscles. **Thiamin** is important for carbohydrate metabolism, digestion, and the functioning of the heart. **Vitamin**



B12 helps form normal red blood cells and a healthy nervous system. B12 is important for the role it plays in DNA synthesis and in the formation of the myelin sheath.

Folic Acid – necessary for growth, cell division and formation of red blood cells. Adequate intakes of folic acid during childbearing years may reduce the risk of neural tube defect pregnancy. About 25% of normal pregnant women in the United States have marginal to low serum levels.

Niacin – plays a role in growth, the proper functioning of the nervous system and energy processes.

Pantothenic Acid – for growth and energy functions.

Zinc – aids in the metabolism of phosphorus and protein. Zinc also participates in the metabolism of RNA.

For Women's Changes™

Michael's® menopause formula addresses hot flashes and night sweats.

Vitamin C and Pantothenic Acid – support for hormone balance; adrenals take over sex hormone production leading up to and after menopause; highest vitamin C concentration in the adult human (more than 70 times the level in blood) occurs in the adrenal cortex. Adrenal glands are involved in managing stress and its effects in the body.

Vitamin B6 and Pantothenic Acid – Stress, nervous system support, aids in water balance.

Passionflower – Sedative action, help with sleep, no drowsiness; relaxant.

Red Clover – Considered to be one of the richest sources of isoflavones.

Wild Yam – Rich in phyto-sterols.

Dong Quai – Uterine tonic.



Supplement Facts

Serving Size	Three (3) Tablets	
Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	1500 mcg	167%
Vitamin C (as Calcium Ascorbate)	500 mg	556%
Vitamin E (as d-alpha Tocopherol Succinate)	150 mg	1000%
Thiamin (as Thiamin Hydrochloride)	50 mg	4167%
Niacin (as Nicotinic Acid)	50 mg	313%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 88 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt **)	150 mcg DFE	38%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	1000%
Calcium (as Calcium Ascorbate)	60 mg	5%
Zinc (as Zinc Monomethionine***)	75 mg	682%
Proprietary Blend	987 mg	*
Flax Seed Extract (55% alpha-Linolenic Acid), Asian Ginseng Root (<i>Panax ginseng</i>), Damiana Leaf (<i>Turnera aphrodisiaca</i>), Licorice Root (<i>Glycyrrhiza glabra</i>), Gotu Kola (Aerial Part) (<i>Centella asiatica</i>), Red Raspberry Leaf (<i>Rubus idaeus</i>), Wild Yam Root (<i>Dioscorea villosa</i>), Cayenne Fruit (<i>Capsicum annuum</i>) and Clove (Stem) (<i>Syzygium aromaticum</i>)		

* Daily Value not established.

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

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Supplement Facts

Serving Size	Four (4) Tablets	
Amount Per Serving	% Daily Value	
Vitamin C (as Calcium Ascorbate)	150 mg	167%
Vitamin E (as d-alpha Tocopherol Succinate)	100 mg	667%
Vitamin B6 (as Pyridoxine Hydrochloride)	100 mg	5882%
Pantothenic Acid (as d-Calcium Pantothenate)	150 mg	3000%
Calcium (as Calcium Amino Acid Chelate, Calcium Ascorbate)	100 mg	8%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Magnesium Amino Acid Chelate)	100 mg	24%
Proprietary Blend	1.75 g (1753 mg)	*
Wild Yam Root (<i>Dioscorea villosa</i>), Red Clover Extract (Aerial Part) (<i>Trifolium pratense</i>) (8% Flavones), Licorice Root (<i>Glycyrrhiza glabra</i>), Organic Dong Quai Root (<i>Angelica sinensis</i>), Organic Passionflower (Aerial Part) (<i>Passiflora incarnata</i>), PABA (Para-aminobenzoic Acid) and Boron (as Boron Amino Acid Chelate)		

* Daily Value not established.

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

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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 NUTRIENTS FOR FEMALE HEALTH

Vitamin A & beta carotene – Fat-soluble nutrient important in immune function; in the formation of bones, teeth and skin; and in maintenance of the outer layer of many tissues and organs. Promotes growth, vitality, and eye health and night vision. Needed during pregnancy and lactation. Good for the growth of body tissues and for healthy hair. The liver uses the antioxidant beta carotene to produce vitamin A, which is stored in the liver and used as needed. Due to beta carotene's non-toxic nature, it is the preferred source for vitamin A.

Biotin (vitamin H) – Needed for fatty acid biosynthesis and for the metabolism of carbohydrates, fats and proteins. Necessary for healthy skin.

Choline – B-complex nutrient important to the metabolism and transport of fats and cholesterol. Involved in normal nerve transmission, gall bladder regulation and lecithin formation. Necessary for the hair and thymus gland.

Folic acid – Necessary for growth, cell division and the formation of red blood cells. Helps with reproduction and growth. Necessary for the health of the glands and liver.

Inositol – Important for hair growth, the metabolism of fats and cholesterol, and for the formation of lecithin.

Iodine – An essential part of the thyroid hormones thyroxine and triiodothyronine. Required for normal growth and development and for maintenance of the metabolic rate.

Niacin – B-complex nutrient that promotes growth and proper functioning of the nervous system. Participates in maintaining healthy skin and digestive system. Aids in metabolism of fats, carbohydrates and proteins.

Pantothenic acid – Stimulates growth and contributes to energy functions. Necessary for healthy adrenal glands and skin.

B-complex vitamins – Supports nervous system function, energy production and a variety of other body processes: Thiamin is necessary for healthy mouth, skin and eyes. Needed for carbohydrate metabolism and is essential for nerve tissues, muscles, digestion and for the normal functioning of the heart; Riboflavin is important in the metabolism of fats, carbohydrates and proteins. Aids in the formation of red blood cells and antibodies, and is good for healthy eyes, hair, skin and nails; B-6 is necessary for the metabolism of fats, carbohydrates and proteins. Necessary for healthy skin, nerves and muscles. Aids in antibody formation and digestion; and, B-12 helps form normal red blood cells and a healthy nervous system. Helps the body metabolize fats, carbohydrates and proteins more effectively.

Vitamin C – Has multiple uses: increases iron absorption; essential for collagen production and the immune system. Needed for healthy teeth, gums and bones. Strengthens blood vessels.

Vitamin D – Vital in infancy and childhood because it functions in the assimilation of calcium, which is essential in healthy bone

formation at all ages. Essential for parathyroid glands and teeth, and for normal mineralization of bone and cartilage.

Vitamin E – Protects fat-soluble vitamins and red blood cells. Maintains healthy nerves and muscles while strengthening capillary walls. Essential for hair, skin and mucous membranes.

Essential fatty acids (unsaturated fatty acids) – A component of lipids – dietary fats used as a primary source of fuel by the body. Needed to form cell structures, particularly cell membranes, and for proper absorption of fat-soluble vitamins (A, D, E and K). Necessary for the normal function of all tissues; deficiency can result in numerous problematic symptoms. Play an essential role in normal brain development and function, and in the regulation and function of the immune system.

Zinc – Aids in the digestion and metabolism of phosphorus and protein. A critical function of zinc is its role in the structure and function of biomembranes. And it is required by the immune system.

Calcium – A mineral necessary for strong bones and teeth. Other functions include its influence in blood coagulation, neuromuscular excitability, cellular adhesiveness, transmission of nerve impulses, maintenance and function of cell membranes, and activation of enzyme reactions and hormone secretion. According to National Institute of Health (NIH), a healthy pre-menopausal woman should have about 1,000 to 1,200 mgs per day.

Chromium Involved in carbohydrate, lipid and nucleic acid metabolism. Functions in carbohydrate and lipid metabolism as a potentiator of insulin action.

Iron – Essential in oxygen transport in the body. Necessary for protein metabolism, immune system resistance, growth and healthy teeth, skin, nails and bones. Also works with vitamin C in the formation of collagen.

Magnesium – Essential for normal metabolism of potassium and calcium. Required for the mobilization of calcium from bone. Plays a key role in at least 300 enzymatic reactions in intermediary metabolism.

Manganese – The antioxidant enzyme system Superoxide Dismutase (SOD) located in mitochondrial membranes uses manganese at its active site

Phosphorus – Plays fundamental roles in modifying the development and maturation of bone. This mineral is also essential for the metabolism of carbohydrate, fats and protein. Because it plays a role in bone resorption, mineralization and collagen synthesis, phosphorus has an integral part in calcium homeostasis.

Potassium – Stored almost entirely within the lean tissues, where it serves as the dominant intracellular mineral. It works with sodium to maintain proper water balance.

Selenium – An antioxidant. Works with vitamin E.