

A Naturopathic Approach to Healthy Glandular Support

MH MICHAEL'S® HEALTH
NATUROPATHIC PROGRAMS
SINCE 1984

Energy Adrenal Support™

Formerly known as Adrenal Xtra

Pantothenic Acid: Adrenal support for higher stress situations.

Rhodiola rosea: Adrenal support when difficult adaptation is required, such as severe weather, severe workload, difficult lifestyle (cold extremes, firefighters, law enforcement, etc.) Rhodiola, an adaptogenic herb with the additional property of helping with high stress mental activity.

B12 – higher levels may be needed to nourish the nervous system and the immune system. Brain function is important to adrenal production because of the pituitary's production of hormones needed for all kinds of systems (adrenocorticotrophic hormone which is the adrenal stimulating hormone, thyroid stimulating hormone for the production of thyroid hormones, etc.).



Supplement Facts

Serving Size	Three (3) Tablets	
Amount Per Serving	% Daily Value	
Vitamin C (as Calcium Ascorbate)	500 mg	556%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Pantothenic Acid (as d-Calcium Pantothenate)	1500 mg	30,000%
Calcium (as Calcium Ascorbate)	60 mg	5%
Proprietary Blend	650 mg	*
Ashwagandha Root (<i>Withania somnifera</i>), Rhodiola Root Extract (3% <i>rosavins</i>), Licorice Root (<i>Glycyrrhiza glabra</i>) and Rhodiola Root		
*Daily Value not established.		

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

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

Stress Adrenal Support™

Adrenal gland facts

- Produces steroid hormone, cortisol (the stress hormone);
- Produces adrenaline and noradrenaline, the fight or flight neurotransmitters;
- Communicates with the liver to release glycogen for breakdown into glucose;
- Adaptation to conditions so that responses are even and balanced and not severe;
- Helps immune system to act and suppresses inflammatory reactions;
- Secondary site of sex hormone production (main site of sex hormone production is the testes in men and ovaries in women); and
- Supports correct blood pressure and sodium levels by production of aldosterone.



Remember. steroid hormone production depends on the presence and mobilization of cholesterol.

Vitamin C – concentrated in the adrenal glands and is necessary for the production of both steroid hormones and neurotransmitters. It is needed for the production of cortisol.

Pantothenic Acid – a part of the coenzyme A molecule that is essential to all high energy tissues of the body. Coenzyme A starts the Krebs cycle of energy production.

B12 – because all energy issues may not be due to stress.

Eleuthero (formerly called Siberian Ginseng) and **Ashwagandha** are adaptogenic herbs: they can help the body to normalize or adapt to changing situations; and provide added support for the immune system, a secondary system affected by stress.

Turmeric – used in Chinese and Ayurvedic medicine for the support of the liver and gall bladder, perhaps due to its antioxidant action. Curcumin – an active ingredient in the herb Turmeric, induces stress response proteins (called “molecular chaperones”).

Licorice – Traditional herb for nourishing the adrenals.

Supplement Facts

Serving Size	Three (3) Tablets	
Amount Per Serving	% Daily Value	
Vitamin C (as Calcium Ascorbate)	750 mg	833%
Vitamin B12 (as Methylcobalamin)	900 mcg	37,500%
Pantothenic Acid (as d-Calcium Pantothenate)	450 mg	9000%
Calcium (as Calcium Ascorbate)	90 mg	7%
Proprietary Blend	1.8 g (1800 mg)	*
Eleuthero Root (<i>Eleutherococcus senticosus</i>), Ashwagandha Root (<i>Withania somnifera</i>), Juniper Berry (<i>Juniperus communis</i>), Licorice Root (<i>Glycyrrhiza glabra</i>) and Turmeric Root (<i>Curcuma longa</i>)		
*Daily Value not established.		

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

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Thyroid Factors™

The thyroid is a powerful gland that performs its functions through production of the thyroid hormones, thyroxin (T4) and triiodothyronine (T3). The thyroid works in close association with the hypothalamus and pituitary glands. The action of the thyroid is seen in these areas:

Metabolism, energy use, protein production and the impact on other hormones.

Specific nutrients, provided in the formula, support the health of the thyroid and the production of the hormones T3 and T4:

Iodine is a component of T3 and T4 – provided by the sea vegetables **Kelp** and **Irish Moss**.

L-Tyrosine is a structural part of both T3 and T4.

Manganese is required for T4 production.

Chromium for energy metabolism.



Supplement Facts

Serving Size	Three (3) Veggie Capsules	
Amount Per Serving	% Daily Value	
Vitamin B6 (as Pyridoxine Hydrochloride)	75 mg	4412%
Iodine (from Kelp)	225 mcg	150%
Manganese (as Manganese Amino Acid Chelate)	11 mg	478%
Chromium (as Chromium Polynicotinate**)	300 mcg	857%
Proprietary Blend	600 mg	*
Gentian Root (<i>Gentiana lutea</i>), Irish Moss (Whole Plant) (<i>Chondrus crispus</i>) and L-Tyrosine		

*Daily Value not established.

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

**ChromMate® is a Lonza trademark.

CHROMEMATE®

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Lung Factors™

This formula is a comprehensive blend of nutrients to support lung function. Support is provided for various aspects of breathing and respiration.

Calcium and **Magnesium** for nerve and muscle functions.

Vitamin D for calcium absorption.

Iron for oxygen transport as part of hemoglobin.

Vitamin B6 for nerve function.

Herbs traditionally known for lung and respiratory support

Mullein Leaf

Slippery Elm

Fenugreek Seed & Pleurisy Root

Gotu Kola

Horehound Leaf



Supplement Facts

Serving Size	Three (3) Tablets	
Amount Per Serving	% Daily Value	
Vitamin D3 (as Cholecalciferol) (from Lanolin)	0.6 mcg	3%
Vitamin B6 (as Pyridoxine Hydrochloride)	18 mg	1059%
Calcium (as Calcium Amino Acid Chelate)	180 mg	14%
Iron (as Iron Amino Acid Chelate†)	3 mg	17%
Magnesium (as Magnesium Amino Acid Chelate)	90 mg	21%
Proprietary Blend	1.8 g (1800 mg)	*
Mullein Leaf (<i>Verbascum thapsus</i>), Slippery Elm Bark (<i>Ulmus rubra</i>), Fenugreek Seed (<i>Trigonella foenum-graecum</i>), Pleurisy Root (<i>Asclepias tuberosa</i>), Gotu Kola (Aerial Part) (<i>Centella asiatica</i>) and Horehound Leaf (<i>Marrubium vulgare</i>)		

*Daily Value not established.

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

†Contains soy.

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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.

LNG™

This formula was created for Michael's father who was a heavy tobacco smoker.

An elegant high potency synergistic blend of herbs traditionally known for lung and respiratory support. This is the formula that Lung Factors™ was based on.

Supplement Facts

Serving Size	Three (3) Tablets	
Amount Per Serving	% Daily Value	
Proprietary Blend	3.3 g (3300 mg)	*
Fenugreek Seed (<i>Trigonella foenum-graecum</i>), Horehound (Aerial Parts) (<i>Marrubium vulgare</i>), Slippery Elm Bark (<i>Ulmus rubra</i>), Mullein Leaf (<i>Verbascum thapsus</i>) and Thyme Leaf (<i>Thymus vulgaris</i>)		

*Daily Value not established.

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

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Liver Wellness™

The liver detoxifies, metabolizes fats, produces hormones, proteins and bile, converts glycogen to sugar among other activities. Proper function of the liver allows the rest of the body's detoxification systems to function more efficiently to facilitate the elimination of metabolic waste and stored toxins. Body fat is the secondary storage site of toxins.

LIVER WELLNESS™ provides essential nutrients in meaningful amounts that support the liver's health so that it can fulfill its many roles. Ideal for fasting and cleansing and for those exposed to environmental toxins.

Lecithin – helps emulsify fats.

Threonine/Choline/Inositol – 'lipotropics' that help the body to burn fats.

Dandelion Root – traditional herb.

Plus:

Milk Thistle – liver tissue stimulation.

Pantothenic Acid – to help the body metabolize fats and proteins.

Thiamin – co-enzyme for carbohydrate metabolism.

Niacin – co-enzyme for cholesterol metabolism



Kidney Factors™

The kidneys are responsible for many essential bodily functions including: maintaining fluid balance, reabsorbing minerals including calcium, regulation of pH, production of enzymes and hormones, blood filtration, excretion of toxins, and producing the active form of Vitamin D3.

KIDNEY FACTORS™ provides nutrients to nourish the kidneys so they can perform these functions efficiently:

B Vitamins, Buchu Leaf,

Uva ursi – for overall kidney function, energy production.

Vitamin D and Magnesium – for calcium balance.

Celery Seed, Hydrangea, Buchu Leaf – for fluid balance and detoxification.

Glutamine – for the processing of ammonia.

Glycine and Glutamine – for the manufacture of the anti-oxidant glutathione.

Bromelain – for protein digestion.



Supplement Facts

Serving Size	Three (3) Tablets	
Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	450 mcg	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	100 mg	667%
Thiamin (as Thiamin Hydrochloride)	30 mg	2500%
Niacin (as Nicotinic Acid)	30 mg	188%
Vitamin B12 (as Methylcobalamin)	300 mcg	12,500%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg	600%
Choline (as Choline Bitartrate)	200 mg	36%

Proprietary Blend **1.7 g (1715 mg)** *

Dandelion Root (*Taraxacum officinale*), Lecithin (from Sunflower), Inositol, Milk Thistle Seed Extract (*Silybum marianum*) (80% Silymarin), L-Threonine and †Butternut Root Bark (*Juglans cinerea*)

*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).

†Contains tree nut (Butternut).

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Supplement Facts

Serving Size	Three (3) Tablets	
Amount Per Serving	% Daily Value	
Vitamin D3 (as Cholecalciferol) (from Lanolin)	8 mcg	40%
Niacin (as Niacinamide)	60 mg	375%
Vitamin B6 (as Pyridoxine Hydrochloride)	6 mg	353%
Vitamin B12 (as Methylcobalamin)	30 mcg	1250%
Magnesium (as Magnesium Amino Acid Chelate)	150 mg	36%

Proprietary Blend **2.64 g (2640 mg)** *

Celery Seed (*Apium graveolens*), L-Glutamine, Glycine, Gravel Root (*Eupatorium purpureum*), Hydrangea Root (*Hydrangea arborescens*), Juniper Berry (*Juniperus communis*), Parsley Leaf (*Petroselinum crispum*), Buchu Leaf (*Barosma betulina*), Uva Ursi Leaf (*Arctostaphylos uva ursi*) and Bromelain (from Pineapple)

*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).

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Skin Factors™

Ideal for mild and non-cystic acne.

For Teens and Adults

Vitamin A – for all cellular growth and development.

Vitamin C – essential to production of collagen, a protein that is basic to all connective tissue; good connective tissue production is necessary for many bodily processes and structures, including bones, teeth and skin.

Zinc – for support of tissue growth.

Essential Fatty Acids – for support of cell membrane growth and development.

Skin is the body's first line of defense because it is where the world meets the body.

Vitamin A – for immune system action.

Vitamin C – used by the immune system cells in their actions.

Zinc – essential for the immune system to function.

Niacin – for good blood circulation to the skin. Niacin is a vasodilator.

Vitamin E – an antioxidant helping to protect fats from oxidation, scavenges free radicals to protect cells.

Vitamin C – also acts as a cellular antioxidant and works with Vitamin E in this capacity.

Selenium – as an antioxidant (works with vitamin E).

Skin may also be involved in cleansing processes.

Red Clover, Burdock, Dandelion and Milk Thistle – well known for their support of cleansing and detoxification in the body.



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 A (as Beta Carotene)	1350 mcg	150%
Vitamin C (as Calcium Ascorbate)	150 mg	167%
Vitamin E (as d-alpha Tocopherol Succinate)	67 mg	447%
Niacin (as Niacinamide)	150 mg	938%
Calcium (as Calcium Ascorbate)	18 mg	1%
Zinc (as Zinc Monomethionine**)	20 mg	182%
Selenium (as L-Selenomethionine)	75 mcg	136%
Proprietary Blend	860 mg	*
Organic Flax Seed, Organic Red Clover Flower (<i>Trifolium pratense</i>), Organic Dandelion Root (<i>Taraxacum officinale</i>), Milk Thistle Seed (<i>Silybum marianum</i>) and Organic Burdock Root (<i>Arctium lappa</i>)		

*Daily Value not established.

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

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