

A Naturopathic Approach to Healthy Males

MH MICHAEL'S® HEALTH NATUROPATHIC PROGRAMS SINCE 1984

For Men Multivitamin Capsules

As you may have noticed, some of the nutrients are higher in these formulas than are available in other multiples. This is especially noticeable in the B vitamins. In most 1-a-day products, the B Vitamins are all the same dosage, but not in MICHAEL'S® formulations.



Essential Minerals

MICHAEL'S® ESSENTIAL MINERALS provides additional support. This formula contains a variety of the body's essential minerals, from macro minerals to trace minerals.



Supplement Facts

Serving Size	Three (3) Veggie Capsules	
Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	3375 mcg	375%
Vitamin C (as Calcium Ascorbate)	225 mg	250%
Vitamin D3 (as Cholecalciferol†)	8 mcg (320 IU)	40%
Vitamin E (as d-alpha Tocopherol Succinate)	101 mg	673%
Thiamin (as Thiamin Mononitrate)	56 mg	4667%
Riboflavin	56 mg	4308%
Niacin (as Niacinamide)	113 mg	706%
Vitamin B6 (as Pyridoxine Hydrochloride)	56 mg	3294%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 56 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	51 mcg DFE	13%
Vitamin B12 (as Methylcobalamin)	375 mcg	15,625%
Biotin	375 mcg	1250%
Pantothenic Acid (as d-Calcium Pantothenate)	113 mg	2260%
Choline (as Choline Bitartrate)	113 mg	21%
Calcium (as Calcium Ascorbate)	23 mg	2%
Proprietary Blend	731 mg	*
Inositol, L-Alanine, L-Arginine, Phytosterol Blend (from Pine Tree) (70% Beta Sitosterol, 15% Campesterol, 2% Stigmasterol), Saw Palmetto Berry (<i>Serenoa serrulata</i>), Asian Ginseng Root (<i>Panax ginseng</i>), Damiana Leaf (<i>Turnera aphrodisiaca</i>) and Pumpkin Seed (<i>Cucurbita pepo</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.



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

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.

©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 Males

MH MICHAEL'S® HEALTH
NATUROPATHIC PROGRAMS
SINCE 1984

Pre-teen & Teen Multivitamins

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, needed for carbohydrate metabolism because of role as co-factor in insulin production, essential for the immune system.

Vitamin D – for bones and teeth.

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

Essential Fatty Acids – for cellular membrane growth and development.

B Complex vitamins – for nervous system development.

Choline – for brain development and neurotransmitter function.

B Complex Vitamins – Thiamin, 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.

Pumpkin Seed, Ginseng, Saw Palmetto – Traditional herbs used by males.

Also important considerations for teens and pre-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.



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 (*Petroselinum crispum*), Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Asian Ginseng Root (*Panax ginseng*), Organic Pumpkin Seed (*Cucurbita pepo*), Saw Palmetto Berry (*Serenoa serrulata*), 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	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 (*Cucurbita pepo*), PABA (Para-aminobenzoic Acid) and Asian Ginseng Root (*Panax ginseng*)

*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).

†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 (*Panax ginseng*), Organic Pumpkin Seed (*Cucurbita pepo*), Organic Saw Palmetto Berry (*Serenoa serrulata*), 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.



©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 Males

MH MICHAEL'S® HEALTH
NATUROPATHIC PROGRAMS
SINCE 1984

Testosterone Factors™

Nutrients in meaningful amounts essential for testosterone production and the reproductive system. The blend of vitamins and herbs includes phytoosterols and the amino acid L-arginine.

Ideal for proper male hormone production and for bodybuilders

Vitamin C and Pantothenic Acid – For steroid hormone production, including testosterone.

Niacin – Involved in the metabolism of cholesterol, a precursor to testosterone.

Arginine – High concentrations in seminal fluid; a hormone building block.

Alanine – Required for pantothenic acid synthesis.



Male Reproductive Factors™

This comprehensive formula contains the nutrients in meaningful amounts essential for healthy reproduction. Support is provided for sperm production and for the healthy functioning of the reproductive organs and processes, including a healthy conception. The formula includes:

Zinc – found in seminal fluid, influences sperm motility, testosterone levels, gene transcription.

Damiana – used traditionally as an aphrodisiac.

Arginine – supports the vascular system and nitric oxide formation.

Fenugreek seed – traditionally used as a male tonic.

Saw Palmetto berry – prostate support.

Vitamin C, Vitamin E, Selenium, Clove – Antioxidants.

Vitamin A, Niacin, Pantothenic Acid, Inositol, Calcium, Zinc, Selenium, Saw Palmetto – Hormone Synthesis.

Folic Acid, Magnesium, Glutamine, – Nucleic Acid Synthesis.

Arginine, Damiana leaf, Panax Ginseng, Clove,

Fenugreek seed – Traditional herbs used by men.



Supplement Facts

Serving Size	One (1) Tablet	
Amount Per Serving	% Daily Value	
Vitamin C (as Calcium Ascorbate)	100 mg	111%
Vitamin D3 (as Cholecalciferol†)	2.5 mcg (100 IU)	13%
Niacin (as Niacinamide)	50 mg	313%
Vitamin B6 (as Pyridoxine Hydrochloride)	25 mg	1471%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	2000%
Calcium (as Calcium Ascorbate)	12 mg	1%
Proprietary Blend	510 mg	*
Gamma Oryzanol (from Rice), Phytosterol Blend (from Pine Tree) (70% Beta Sitosterol, 15% Campesterol, 2% Stigmasterol), Wild Yam Root (<i>Dioscorea villosa</i>), Asian Ginseng Root (<i>Panax ginseng</i>), L-Arginine and L-Alanine		

*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).

†From Lanolin.

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

Supplement Facts

Serving Size	Three (3) Tablets	
Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	750 mcg	83%
Vitamin C (as Calcium Ascorbate)	300 mg	333%
Vitamin E (as d-alpha Tocopherol Succinate)	67 mg	447%
Niacin (as Niacinamide)	50 mg	313%
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)	250 mcg	10,417%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	2000%
Calcium (from Calcium Ascorbate, Calcium Amino Acid Chelate, Dicalcium Phosphate)	96 mg	7%
Magnesium (as Magnesium Amino Acid Chelate)	50 mg	12%
Zinc (as Zinc Monomethionine***)	30 mg	273%
Selenium (as L-Selenomethionine)	50 mcg	91%
Manganese (as Manganese Amino Acid Chelate)	11 mg	478%
Proprietary Blend	725 mg	*
Asian Ginseng Root (<i>Panax ginseng</i>), Damiana Leaf (<i>Turnera aphrodisiaca</i>), Inositol, L-Arginine, L-Glutamine, Fenugreek Seed (<i>Trigonella foenum graecum</i>), Saw Palmetto Berry (<i>Serenoa serrulata</i>), L-Cysteine Hydrochloride and Clove (Flower Bud) (<i>Syzygium aromaticum</i>)		

*Daily Value not established.

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

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

 **Quatrefolic®**

***OptiZinc® is a Lonza trademark.

 **OptiZinc®**

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

©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 Males

MH MICHAEL'S® HEALTH
NATUROPATHIC PROGRAMS
SINCE 1984

Prostate Factors™

Nutrition for the prostate.

Zinc – for healthy reproductive system development and function.

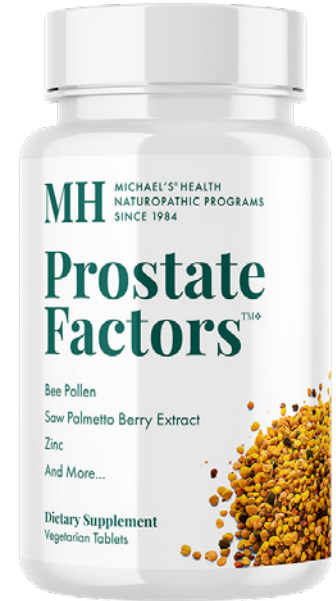
Vitamin E – an antioxidant that helps to protect fats from oxidation, scavenges free radicals to protect cells from damage.

Calcium – helps to make better swimmers and neutralize acidity in the vagina so sperm can survive.

Magnesium – for balancing of calcium and for its proper utilization in the body.

Gravel Root – helps in the assimilation of calcium.

Saw palmetto and Pygeum – traditional herbs for males.



Supplement Facts		
Serving Size	Four (4) Tablets	
Amount Per Serving	% Daily Value	
Vitamin C (as Calcium Ascorbate)	133 mg	148%
Vitamin E (as d-alpha Tocopheryl Succinate)	89 mg	593%
Niacin (as Niacinamide)	13 mg	81%
Pantothenic Acid (as d-Calcium Pantothenate)	27 mg	540%
Calcium (as Calcium Amino Acid Chelate, Calcium Ascorbate)	29 mg	2%
Magnesium (as Magnesium Amino Acid Chelate)	100 mg	24%
Zinc (as Zinc Monomethionine**)	27 mg	245%
Proprietary Blend	1.83 g (1833 mg)	*
Organic Bee Pollen, L-Alanine, L-Glutamine, Glycine, Organic Parsley Leaf (<i>Petroselinum crispum</i>), Organic Echinacea <i>angustifolia</i> (Root), Gravel Root (<i>Eupatorium purpureum</i>), Saw Palmetto Berry Extract (<i>Serenoa serrulata</i>) (5% Fatty Acids) and Pygeum (Bark) (<i>Pygeum africanum</i>) (1% Phytosterols)		

*Daily Value not established.

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

©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.



MICHAEL'S® HEALTH
NATUROPATHIC PROGRAMS
SINCE 1984

ESSENTIAL NUTRIENTS FOR MALE HEALTH

Beta Carotene. Preferred source of vitamin A due to its non-toxic nature. Converted by body into vitamin A only as needed. An antioxidant, much like vitamins C and E, and selenium. As an antioxidant, negates effects of free-radicals.

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

Choline. B-complex nutrient and one of the lipotropic vitamins. Important to the metabolism and transport of fats and cholesterol. Normal nerve transmission, gall bladder function and lecithin formation also involve this nutrient. Vital for healthy hair and thymus gland.

Folic acid. Essential for growth, division of cells and formation of red blood cells. Helps with reproduction. Necessary for gland and liver health.

Inositol. A lipotropic vitamin. Important for hair growth, formation of lecithin, and metabolism of fats and cholesterol.

Iodine. Essential part of thyroxine and triiodothyronine, hormones required for normal growth and development, and for maintenance of a normal metabolic rate.

Niacin. B-complex nutrient. Promotes growth and proper functioning of nervous system. In addition to role in maintaining a healthy digestive system and skin, also aids in the metabolism of fats, carbohydrates and proteins.

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

Vitamin A. Fat-soluble nutrient important to immune system and in formation of bones, teeth and skin. Necessary for eyes, good night vision. Helps maintain outer layer of many tissues and organs; supports growth and repair of body tissues. Promotes healthy hair and vitality.

Vitamin B1 (thiamin). Essential for nerve tissue, muscles, digestion and normal functioning of the heart. Also necessary for carbohydrate metabolism and in maintaining health of the mouth, skin, eyes and hair.

Vitamin B2 (riboflavin). Important in the metabolism of fats, carbohydrates and proteins. Aids in the formation of red blood cells and antibodies. Supports healthy eyes, hair, skin and nails.

Vitamin B6. Necessary for metabolism of fats, carbohydrates and proteins; healthy skin, nerves and muscles; and aids in antibody formation and digestion.

Vitamin B12. Helps form normal red blood cells and a healthy nervous system. Aids in effective metabolism of fats, carbohydrates and proteins.

Vitamin C. Multiple uses: 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.

Vitamin D. Role is crucial in infancy and childhood, owing to its function in the assimilation of calcium, an essential mineral in healthy bone formation for all ages. Improves muscle strength and is essential for normal mineralization of bone and cartilage, and for healthy parathyroid glands and teeth.

Vitamin E. Protects fat-soluble vitamins and red blood cells. Works with other nutrients to help prevent blood clots; maintains healthy nerves and muscles; and strengthens capillary walls. Essential for hair, skin and mucous membranes.

Essential fatty acids. Needed for growth. Linoleic acid, the most important, must be included in the diet.

Zinc. Aids in the digestion of protein and metabolism of phosphorus. Prostate gland function and carbohydrate digestion. A critical function of zinc is its role in the structure and function of biomembranes.

Calcium. A mineral necessary for healthy bones and teeth. Also important 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.

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

Iron. Essential in permitting oxygen and electron transport and for protein metabolism, immune system resistance, growth, healthy teeth, skin, nails and bones.

Magnesium. Essential for normal metabolism of potassium and calcium. Used in tissue growth, including bone growth and turnover replacement. Plays a key role as an essential prosthetic group 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. Preserves tissue elasticity and works with Vitamin E. Like vitamins A, C and E, it is an antioxidant.