

Our Children



Our children are like gardens – providing good nutritional supplements today yields a healthier child tomorrow.

Understanding Their Nutritional Needs through all the Cycles of Life.

As a father and grandfather as well as a practitioner of naturopathy for many years, children's health has always been important to me. In fact, some of my first formulations were designed to support the health of the children in my life.

It is my belief and understanding that nutritional needs vary at different stages/ages of life and gender is a critical consideration as well.

Based on that you will find my dietary supplements to be some of the healthiest and most comprehensive, truly targeted to the needs of all your children as they grow.

We must understand that the body constantly seeks to keep itself in homeostasis, or balance. When homeostasis is disturbed, there will be an impact on good health. This is why I formulate products designed to nourish the body, not simply to alleviate symptoms. All my products contain synergistic blends of key highly absorbable nutrients. Those ingredients could include, vitamins, minerals, amino acids, essential fatty acids, herbs, and bioflavonoids.

Additionally, in children's health, the approach is clear with regard to sugar. Current research suggests a possible link between the mushrooming use of added sweeteners, particularly high-fructose corn syrup, and an alarming increase in obesity and diabetes in this country.¹

We do not use any added sugars in any of our children's products. We use xylitol, glycerin, natural fruit juices and stevia (naturally sweet herb). Each has its own nutritional benefits but xylitol is especially well known for its application in dental health as well.

Be Well, Michael Schwartz

“Children make up 23% of our population and 100% of our future.”

NEWBORNS & TODDLERS

We begin by nourishing the newborn and continue right through toddler age with our liquid multi vitamin, **MICHAEL'S® Pedia Vites™** Infant and Toddler Multi Vitamin. To increase absorption and improve taste, the nutrients are delivered in a glycerin base. The product contains vitamins A, C, D, E and the B-complex and Zinc, nutrients so vital for a young, growing body.

YOUNG CHILDREN

Once your children are able to chew tablets, they move on to our **Children's Chewables** — taste-tested by our own children. This product is “natural fruit” flavored and contains both xylitol and stevia for their taste as well as nutritional qualities associated with good dental health.

Healthy sweeteners should be a serious consideration in your choice of children's nutritional supplements. Read labels to help avoid fructose, corn sweeteners and the like.

All the nutrients in **MICHAEL'S® Children's Chewables** are focused on the growth and development needs of young children.

- **B vitamins are essential to children** because of high energy needs. The B vitamins, Folic Acid and Vitamin B12, are both required for the developing nervous system.
- **Children have a great need for Iron**, not only because it is a part of hemoglobin but also because it is needed for the production of collagen, the connective tissue produced during growth of all tissues and organs.
- **Vitamin C helps with the absorption of Iron** and is also needed for the production of collagen.
- **Iodine is for the production of thyroid hormones** essential for growth and development

PRE-TEENS & TEENS

Consider the lifestyles of the pre-teens and teens in your life. Most kids lead a busy lifestyle with the daily pressures of peer groups, school demands, perhaps sports or other outside activities. Good eating habits and sound sleep are critical during this time period but do not always occur. Fast food and coffee are not an unusual diet for teens these days, unfortunately.

So what can we do to make sure our kids are getting the proper nutrients they need? While you are working on their meal sources, we can help you understand what to look for in a multi vitamin supplement for your children to help them endure the stresses that life brings their way.

Consider the gender and age of your children when picking a multi vitamin. Gender- and age-specific vitamins are geared to the varying nutritional needs at different stages of growth and development.

Pre-pubescent girls and boys between the ages of 7-12 years should consider taking MICHAEL'S® Pre-Teen Girls or Pre-Teen Boys multi vitamins.

The Formulas Contain:

Rutin and **Hesperidin**, which work synergistically with Vitamin C to promote integrity and strength of tissues, important to development and also to immune strength.

Biotin. Needed for energy reactions; Biotin production by intestinal bacteria may be interrupted by antibiotic usage.

Choline. A B-vitamin needed for brain development and neurotransmitter function.

Unsaturated Fatty Acids. Needed for healthy cellular membrane growth.

Vitamins A, C, D and E. For immune support, connective tissue integrity and healthy bone development. The liver, skin and eyes are also supported by these nutrients.

Vitamin A. For growth, immune system health, bone growth and development of healthy teeth.

B-vitamins. For adrenal support, fat metabolism and energy production.

Note:

B-vitamins are water-soluble nutrients, which must be consumed daily because they may be lost in urine and sweat. They are needed for activation of enzymes that regulate energy activities in the body. The need for them is greater during stressful occasions or strenuous activities such as sports participation. They help to combat stress because of their role in nervous system health and adrenal health.

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

Vitamin D. For bones, teeth and the immune system.

Vitamin E. Acts as an antioxidant to protect cell membranes. Also for reproductive system health and development.

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

The **Pre-Teen Boys** and **Teen Boys** both contain a traditional male herbal blend of Pumpkin Seed and Ginseng to support healthy male reproductive system development.

If your teens are more concerned with how they look than how their bodies are working on the inside, remember to tell them how well they function, inside or not, will be reflected on the outside over time.

Acne, hair, skin and nail growth, reproductive development, and muscular strength will all be determined by what the body is given as nutritional support. Additional nutritional support for the health and appearance of your teen's skin can be achieved with **Skin Factors™**, which targets some of the causes of non-cystic acne.

ESSENTIAL MINERALS

In addition to a daily multi vitamin, it is important to incorporate MICHAEL'S® **Essential Minerals.** Minerals are essential to growth, development, and the overall health of your children. **Essential Minerals** contains Calcium, Magnesium and Zinc, all needed to support growth, development, and healthy bones and teeth. In addition, Calcium, Magnesium and Potassium provide nourishment to the nervous system, supporting restful sleep and reduced stress. Our mineral formula also contains Iron which is important in hemoglobin production within the blood. Selenium is an important antioxidant, and contains properties necessary to support healthy skin. Zinc also assists the body in nourishing the skin.

REFERENCES

¹ Tortora, Gerard J. & Grabowski, Sandra R. (1993). *Principles of Anatomy and Physiology* (7th ed.). New York: Harper Collins College Publishers, 9-10.



"The world is as many times new as there are children in our lives."



FEATURED PRODUCTS

PEDIA-VITES™ **INFANT & TODDLER MULTI VITAMIN**

A daily, liquid multi vitamin with a natural citrus flavor, shown in studies to be preferred by children. In a glycerin base.

CHILDREN'S CHEWABLES

A daily formula providing a blend of nutrients for the growing child up to 8 years of age. Flavored with natural fruits.

PRE-TEEN BOYS MULTI VITAMIN

A daily formula containing essential nutrients and herbs for growing boys ages 9-12. Extra choline, inositol and niacin for cholesterol and fat metabolism are combined with

extra pantothenic acid for more energy and to help the body deal with stress. Herbs traditionally used by males for health are also included.

PRE-TEEN GIRLS MULTI VITAMIN

A daily formula containing essential nutrients and herbs for growing girls ages 9-12. Extra choline, inositol and niacin for cholesterol and fat metabolism are combined with extra pantothenic acid

for more energy and to help the body deal with stress. Herbs traditionally used by females for health are also included.

TEEN BOYS MULTI VITAMIN

Ideal for the physically active teen. A daily formula containing specific nutrients essential for a healthy male body, as well as herbs traditionally used by males for health. The blend of pantothenic acid with OptiZinc® is perfect for assisting teens in dealing with life's stresses and high-powered school responsibilities. Choline, inositol and niacin support cholesterol and fat metabolism.



TEEN GIRLS MULTI VITAMIN

Ideal for the physically active teen. A daily formula containing specific nutrients essential for a healthy female body, as well as herbs traditionally used by females for health. The blend of pantothenic acid with OptiZinc® is perfect for assisting teens in dealing with life's stresses and high-powered school responsibilities. Choline, inositol and niacin support cholesterol and fat metabolism.

ESSENTIAL MINERALS

A daily formula containing essential minerals for growing boys and girls ages 9-18. Supports normal bone development, restful sleep and proper sugar metabolism. Contains zinc to support good tissue growth and repair.

SKIN FACTORS™

Supports mild and non-cystic acne conditions and overall skin health. Contains antioxidant vitamins A, C and E plus selenium and a proprietary blend of unsaturated fatty acids, red clover flower, dandelion root and milk thistle seed to promote healthy skin.



MNP HEALTHCARE SOLUTIONS SINCE 1984
Michael's® Naturopathic Programs

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"Let's get social!"

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❖ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Pre-Teen Boys Daily Multi Vitamin

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) (from Lanolin)	10 mcg 50%
Vitamin E (as d-alpha Tocopheryl Succinate)	33.5 mg 223%
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 250 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	125 mcg DFE 31%
Vitamin B12 (as Methylcobalamin)	200 mcg 8333%
Biotin	20 mcg 667%
Pantothenic Acid (as d-Calcium Pantothenate)	40 mg 800%
Choline (as Choline Bitartrate)	20 mg 4%
Calcium (as Calcium Ascorbate)	24.3 mg 2%
Zinc (as Zinc Monomethionine**)	7 mg 64%
Proprietary Blend	201 mg
Flax Seed Extract (55% alpha-Linolenic Acid), Inositol, PABA (Para-aminobenzoic Acid), Organic Pumpkin Seed (<i>Cucurbita pepo</i>) and Asian Ginseng Root (<i>Panax ginseng</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).

**Quatrefolic® is a registered trademark of Gnosis S.p.A.

Patent No. 7,947,662.

**OptiZinc® is a Trademark of InterHealth Nutraceuticals, Inc.

Teen Girls Tabs Daily Multi Vitamin

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) (from Lanolin)	10 mcg 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 300 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	150 mcg DFE 38%
Vitamin B12 (as Methylcobalamin)	500 mcg 20833%
Biotin	400 mcg 13333%
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 sativum</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).

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Children's Chewables

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) (from Lanolin).....	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 (DFE).....	62.5 mcg.....42%	125 mcg.....31%
(as [6S]-5-methyltetrahydrofolic acid equivalent to 125 mcg/250 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
Flax Seed Powder, Inositol and PABA (Para-aminobenzoic Acid)		
Stevia Leaf Extract.....	10 mcg.....*	20 mcg.....*

**Percent Daily Value based on a 2000-calorie diet.
*Daily Value not established.

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

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WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a physician or Poison Control Center immediately.

Pre-Teen Girls Daily Multi Vitamin

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) (from Lanolin)	10 mcg 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 250 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	125 mcg DFE 31%
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)	24.3 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>Chicorium benedictus</i>), Inositol, PABA (Para-aminobenzoic Acid), <i>Echinacea angustifolia</i> , Hesperidin and Parsley Leaf (<i>Petroselinum sativum</i>)	

*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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Patent No. 7,947,662.

**OptiZinc® is a Trademark of InterHealth Nutraceuticals, Inc.

Teen Girls CAPS Daily Multi Vitamin

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) (from Lanolin)	10 mcg 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 300 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	150 mcg DFE 38%
Vitamin B12 (as Methylcobalamin)	500 mcg 20833%
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 sativum</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, Rice Flour and Lecithin.

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Pedia Vites™

Supplement Facts

Serving Sizes:
Infants 7 months to 12 months: One (1) Teaspoon (5 ml)
Children 1-3 Years: Two (2) Teaspoons (10 ml)

Amount Per Serving	% Daily Value Infants (7-12 months)	% Daily Value 1-3 years
Vitamin A (as Retinyl Palmitate)	687.5 mcg	1375 mcg 458%
Vitamin C (as Ascorbic Acid)	50 mg	100 mg 667%
Vitamin D3 (as Cholecalciferol) (from Lanolin)	5 mcg	50 mg 100 mg 67%
Thiamin (as Thiamin Hydrochloride)	0.5 mg	1 mg 200%
Riboflavin	0.8 mg	1.6 mg 320%
Niacin (as Niacinamide)	6 mg	12 mg 200%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.7 mg	1.4 mg 280%
Folate (as Folic Acid)	50 mcg	100 mcg 67%
(30 mcg folic acid) (60 mcg folic acid)		
Vitamin B12 (as Cyanocobalamin)	3 mcg	6 mcg 667%
Biotin	10 mcg	167 mg 250%
Pantothenic Acid (as d-Panthenol)	3 mg	167 mg 300%
Zinc (as Zinc Gluconate)	1.5 mg	6 mg 100%

OTHER INGREDIENTS: Purified Water, Glycerine, Natural Citrus Flavoring, Stevia, Citric Acid, Xanthan Gum, Polysorbate, Potassium Sorbate and Sodium Benzoate.

Michael's® Children's Chewables, Pre-Teen Boys, Pre-Teen Girls, Teen Boys Tabs, Teen Girls Tabs, Teen Boys Caps and Teen Girls Caps use Gnosis S.p.A.'s (6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent No. 7,947,662. Quatrefolic® is a registered trademark of Gnosis S.p.A.



Teen Boys Tabs Daily Multi Vitamin

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) (from Lanolin)	10 mcg 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 250 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	125 mcg DFE 31%
Vitamin B12 (as Methylcobalamin)	500 mcg 20833%
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 sativum</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).

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Skin Factors™

Supplement Facts

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 Tocopheryl Succinate)	67 mg 447%
Niacin (as Niacinamide)	150 mg 938%
Calcium (as Calcium Ascorbate)	150 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 Clear Coating (Hydroxypropyl Methylcellulose).

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Teen Boys CAPS Daily Multi Vitamin

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) (from Lanolin)	10 mcg 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 250 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	125 mcg DFE 31%
Vitamin B12 (as Methylcobalamin)	500 mcg 20833%
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, Rice Flour, Lecithin and Silicon Dioxide.

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Essential Minerals

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 32%
Chromium (as Chromium Polynicotinate**)	20 mcg 57%
Potassium (as Potassium Amino Acid Chelate)	80 mg 2%
Betaine Hydrochloride	100 mg
ConcenTrace®*** Alfalfa	24 mg
(Ionic Trace Mineral Complex from the Great Salt Lake, 72 naturally occurring minerals, plus other minerals found in seawater)	

*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.

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WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a physician or Poison Control Center immediately.