

The more you know, the more you grow.



The Essence of Women



The 21st century female is almost constantly in motion. One result is women are now experiencing more of the same types of lifestyle or stress-induced health issues that formerly found a greater incidence in men. Here we offer some helpful guidelines for countering these health concerns through proper nutrition. Additionally, we will examine nutrition's role in areas of special interest to women.

Women and men generally have

different, very specific requirements for happiness, expression and even for good nutritional health. While both sexes need the same nutrients, the amounts required by each differ. Factors like diet, activity level and lifestyle also impact nutritional status and each individual's nutritional needs.¹

Most of the once-daily type supplements in today's marketplace do not fully take into account the physiologically unique circumstances in a woman's life, such as pregnancy and menstruation. This is particularly true when it comes to minerals, an essential component of nutrition. The typical, once-daily supplement can be very low in mineral content, which could lull consumers into a false sense of "mineral security." We all have different individual needs; those who take only a once-daily supplement may not be getting all they need for good health in one tablet.

"Whatever women do they must do twice as well as men to be thought half as good. Luckily, this is not difficult."
– Charlotte Whitton –

During their teen years, young women need increased amounts of nutrients, especially those substances involved in the growth of bones and the reproductive system. Growth increases the need for structural materials such as protein and minerals,

calories (since energy is needed to build body tissue) and nutrients to help regulate body processes.²

Zinc is also important during this time period because of its roles in maintaining health of the skin and immune system. Zinc promotes the health of lymphoid tissue and normal delayed-hypersensitivity reaction. Another name for delayed hypersensitivity is cell-mediated immunity, one of the two general types of immunity in the body.

Pantothenic acid should also be increased to help the teenager deal with the physical stresses of growing up, and for its contribution into the production of energy. For adults under stress, the substance is even more important because of its roles in adrenal support. So, our requirements for additional pantothenic acid, calcium, B-12, iron and zinc are also increased. During this same period of time, a solid base of the lipotropic vitamins is also desirable. Lipotropic vitamins promote and support the transportation and utilization of fats. They also help to metabolize fats in the liver and cardiovascular system.

Teens' Special Needs

Teen girls have as great a need for nutritional support as do their older sisters and mothers, if not greater! The stresses that young women face because of school and social pressures take an additional toll on vitamin status. If a young woman is not getting all necessary nutrients in adequate amounts, there is a good chance a problem will result, throwing the body out of homeostasis, or out of a state of balance and harmony.

Today's teens overall seem more involved than their predecessors with extracurricular activities such as sports. This level of activity coupled with an often less-than-wholesome diet (sometimes despite our best efforts

"Don't compromise yourself. You're all you got!"
– Janis Joplin –

as parents!) means our teenagers may require greater nutritional support beyond even the foundational nutritional programs specifically designed for them, such as Michael's® Pre-Teen Girls and Pre-Teen Boys or Michael's® Teen Girls and Teen Boys, to maintain good health and high energy levels. To provide that extra support, consider Michael's® Adrenal Factors Stress Support™ or Adrenal Xtra Energy Support™

Different Stages Of Life — Different Nutritional Needs

In addition to a strong nutritional foundation, there are occasions in a woman's life when additional support is necessary. In these special instances some women, because of their stress levels and particular life style, will require additional amounts of specific nutrients. Herbs are also important because of their incredible health applications for these particular needs.

Fertility

Good nutrition is absolutely essential to achieving a pregnancy or sustaining one through to a healthy birth.

Experience has also shown that even people who believe they are eating well may not be getting the nutrients they need. Some of the fault lies in food choices, but the generally over-processed American diet is also to blame.

Michael's® Reproductive Factors,™ are gender-specific nutritional supplements designed to nourish the reproductive system and support normal conception.

Female Reproductive Factors™ nourishes the entire system, including the uterine walls.

Menopause

This is a natural phenomenon, occurring in most women between 40 to 50 years of age. Traditionally, the primary, accepted reason for the physical changes is that the ovaries become less responsive to the stimulation of hormones³. This results in a declining production of estrogen and progesterone.

During the course of menopause, women may suffer an array of physical concerns including hot flashes, headaches, hair loss, muscular pains, vaginal dryness, weight gain and mood swings. Interestingly, not all women experience the same levels of physical and psychological reactions as their bodies go through this transition – some women experience virtually no effects at all. Nutrition can make the all-important difference: when the body has all of the required nutrients in adequate amounts, it is able to maintain balance and harmony.

“Remember, no one can make you feel inferior without your consent”
– Eleanor Roosevelt –

Estrogen helps bones absorb the calcium they need to stay strong. Beginning at around age 30, bone loss accelerates greatly and continues until as much as 30 percent of the calcium in bones is lost by the age 70.⁵

Adequate diet and exercise are the mainstays for maintaining bone health.⁶

Michael’s® For Women’s Changes™ provides nutritional support for women experiencing menopause, including hot flashes, night-sweats, mood swings, dry skin and poor memory. This product supports the natural production and maintenance of estrogen and progesterone, provides phyto-estrogen herbs with more benefits and no side effects. It also nourishes the adrenal glands which are a secondary source of estrogen production. **For Women’s Changes™** can be taken by women who have had a partial or complete hysterectomy.

Nutrition’s Crucial Role

Regardless of gender, age or lifestyle, everyone needs B-complex vitamins and minerals. Male bodies and female bodies use them in the same ways most of the time, but the required amounts differ because of physiological variations. A pregnant woman needs more of the B vitamins and most minerals, for example.

Maintaining balance and harmony in the body, particularly during a biological change, requires that nutritional levels be closely maintained and, when necessary, adequately supplemented. In the process of estrogen production, the ovaries and the adrenal cortex play a key role. Providing the body with the proper nutritional support for these organs makes good sense.

“If you have knowledge, let others light their candles in it.”
– Margaret Fuller –

Michael’s® Essential Minerals helps to ensure good mineral support, including adequate calcium. This formula contains a variety of essential minerals complemented with the herbs alfalfa, red clover and marshmallow root, all known for their healthful attributes. This formula is best when taken in the evening before bed and will help the person sleep without feeling “drugged” upon awakening.

The Michael’s® Difference

When you examine these formulas, you will notice larger amounts of specific nutrients in them than are found in other multiple vitamin and mineral products. This is particularly noticeable with the amounts of certain B-complex vitamins. In most once-daily supplements, the B-complex vitamins are all used in the same amounts. By contrast, the most important nutrients — choline, inositol, niacin and pantothenic acid — are double the potency in **Michael’s® For Women** and **Michael’s® Teen Girls**.

Products For Women’s Health

Adrenal Factors Stress Support™

Contains vitamins C and B12 along with folic acid and pantothenic acid, complemented by the herbs eleuthero root and licorice root, known for their energizing properties.

Adrenal Xtra Energy Support™

Formulated to enhance the body’s endurance and speed its return to normal energy levels. Derives its name and potency from the addition of three times the amount of energy-enhancing pantothenic acid found in **Adrenal Factors Stress Support™** and also from *Rhodiola rosea*, used for centuries to combat fatigue, support physical strength and enhance mental stamina.

Female Reproductive Factors™

Provides nutrients that support normal conception and carrying to full-term while supporting the overall female hormonal system. Assists body in maintaining proper menstrual cycle. Contains herbs traditionally used by women of child-bearing age.

For Women Daily Multi Vitamin

A daily formula of specific nutrients essential for a healthy female body, as well as herbs traditionally used for health by females. High doses of niacin aid in maintaining proper cholesterol levels. Pantothenic acid supports energy production and assists the body in dealing with stress. Great for active women and those with high-powered work responsibility. Contains vitamin C, flax seed extract and folic acid.

For Women’s Changes™

Provides nutrients that support adrenal function, cyclic stability and hormone balance to support the production of estrogen (Estrogen precursors are manufactured in the adrenal glands). Excellent for peri-menopausal and menopausal women for the relief of hot flashes. Contains vitamin C.

Essential Minerals

This formula contains a comprehensive spectrum of macro, micro and trace minerals essential to the body.

Teen Girls Tabs Daily Multi Vitamin

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

Essential Nutrients For Women's Health

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

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. NIH further suggests that post-menopausal women receiving estrogen therapy should consume at least 1,000 mg, while those up to age 65 who are not receiving estrogen therapy should take 1,500 mgs per day to help avoid bone loss.⁷

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.

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.

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 a normal metabolic state.

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.

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. (See page 1 for more information on this nutrient)

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. Preserves tissue elasticity and works with vitamin E.

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 and repair 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.

B-complex vitamins – Support nervous system function, energy enhancement and a variety of other body processes: B-1 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; B-2 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.

Zinc – Aids in the digestion and metabolism of phosphorus and protein.
(See page 1 for more information on this nutrient)

REFERENCES

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² Paige, David M., M.D., M.P.H. (1988) *Clinical Nutrition*. Washington, D.C.: C. V. Mosby Co., 584.

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^{5,6} Tortora, Gerald J., and Sandra R. Grabowski. (1993) *Principles of Anatomy and Physiology. (7th ed.)*. New York: Harper Collins College Publishers, 160, 162.

⁷ NIH releases census on optimal calcium intake. American Family Physicians, Nov. 1, 1994. American Academy of Family Physicians: Leewood, KS.

Featured Michael's® Products



"I've learned from experience that the greater part of our happiness or misery depends on our dispositions, not on our circumstances."
– Martha Washington –

Adrenal Factors
Stress Support™

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 (*Eleutherococcus senticosus*), Ashwagandha Root (*Withania somnifera*), Juniper Berry (*Juniperus communis*), Licorice Root (*Glycyrrhiza glabra*) and Turmeric Root (*Curcuma longa*)

*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).

Female Reproductive Factors™

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 Tocopheryl 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 300 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 (*Panax ginseng*), Damiana Leaf (*Turnera aphrodisiaca*), Licorice Root (*Glycyrrhiza glabra*), Gotu Kola (Aerial Part) (*Centella asiatica*), Red Raspberry Leaf (*Rubus idaeus*), Wild Yam Root (*Dioscorea villosa*), Cayenne Fruit (*Capsicum annuum*) and Clove (Stem) (*Syzygium aromaticum*)

*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
Also Available In Capsules

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 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 sativum*), 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).

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

Adrenal Xtra
Energy Support™

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 (*Withania somnifera*), Rhodiola Root Extract (3% rosavins), Rhodiola Root and Licorice Root (*Glycyrrhiza glabra*)

*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).

For **Women** DAILY MULTI VITAMIN

Supplement Facts

Serving Size: Three (3) Tablets

Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	4500 mcg 500%
Vitamin C (as Calcium Ascorbate)	300 mg 333%
Vitamin D3 (as Cholecalciferol) (from Lanolin)	10 mcg 50%
Vitamin E (as d-alpha Tocopheryl Succinate)	134 mg 893%
Thiamin (as Thiamin Mononitrate)	60 mg 5000%
Riboflavin	60 mg 4615%
Niacin (as Niacinamide)	100 mg 625%
Vitamin B6 (as Pyridoxine Hydrochloride)	60 mg 3529%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 100 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	50 mcg DFE 13%
Vitamin B12 (as Methylcobalamin)	150 mcg 6250%
Biotin	150 mcg 500%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg 2000%
Choline (as Choline Bitartrate)	100 mg 18%
Calcium (as Calcium Ascorbate)	36.5 mg 3%
Iodine (from Kelp)	150 mcg 100%

Proprietary Blend 985 mg *
Dong Quai Root (*Angelica sinensis*), Dandelion Root (*Taraxacum officinale*), Flax Seed, Inositol, Licorice Root (*Glycyrrhiza glabra*), Wild Yam Root (*Dioscorea villosa*), PABA (Para-aminobenzoic Acid), Blessed Thistle (Whole Plant) (*Cnicus benedictus*), Partridge Berry (*Mitchella repens*), Red Raspberry Leaf (*Rubus idaeus*), Betaine Hydrochloride, Hesperidin and Rutin

*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).

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

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 348%
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).

**ChromMate® and OptiZinc® are Trademarks of InterHealth Nutraceuticals, Inc.

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

For **Women's Changes™**

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 Tocopheryl 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 (*Dioscorea villosa*), Red Clover Extract (Aerial Part) (*Trifolium pratense*) (8% Flavones), Dong Quai Root (*Angelica sinensis*), Licorice Root (*Glycyrrhiza glabra*), PABA (Para-aminobenzoic Acid), Passionflower (Whole Plant) (*Passiflora incarnata*) 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).

Michael's® For Women, Female Reproductive Factors™, Pre-Teen Girls, Teen Girls Tabs 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.



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Michael's® Naturopathic Programs

"Let's get social"



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A DIVISION OF INNER HEALTH GROUP, INC.
6003 RANDOLPH BLVD
SAN ANTONIO, TEXAS 78233

Consumer Information Services
Voice Mail: 800-845-2730
www.michaelshealth.com
010118

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"I can honestly say that I was never affected by the question of the success of an undertaking. If I felt it was the right thing to do, I was for it regardless of the possible outcome."

- Golda Meir -