

# HAIR, SKIN & NAILS

## Multi-nutrient & antioxidant complex



VEGAN

VEGETARIAN

P644

Our Hair, Skin and Nails formula contains a carefully selected blend of nutrients which play a specific role in supporting the structure, quality, growth and condition of your hair, skin, and nails. This supplement comprises the following vitamins, minerals, and phytonutrients: vitamin C, zinc, biotin, copper, Wholefood calcium, MSM, silica, pantothenic acid, and pine bark extract.

- MSM (methylsulfonylmethane) is a source of organic sulphur; high levels of sulphur are found in the muscles, skin, and bones, as well as concentrated amounts in the hair and nails. Sulphur is a component of keratin, the main protein of hair and nails, and is vital for the formation of keratin, collagen, and elastin, which provides flexibility, tone, and strength to muscles, bones, joints, skin, hair and nails.
- Cocoa extract, maritime pine bark extract, bilberry extract, beta carotene, lycopene, lutein, 1-3, 1-6 beta glucan and astaxanthin provide a broad spectrum of antioxidants which support the health of hair, skin, and nails by protecting cells from oxidative stress.

### Product Information:

30 capsules = 30 days supply

### Permitted Health Claims:

- Vitamin C contributes to normal collagen formation, the normal function of blood vessels, and to the protection of cells from oxidative stress.
- Biotin is an important coenzyme and essential nutrient that contributes to the maintenance of normal hair and skin.
- Zinc is needed for cell division and protein synthesis and contributes to the maintenance of normal hair and skin.
- Copper is a mineral essential for the formation of the pigment melanin, which plays a role in the pigmentation of the hair, skin, and eyes.

- Copper contributes to the maintenance of normal connective tissues (it supports collagen and elastin production) and normal hair and skin pigmentation.
- Selenium contributes to the maintenance of normal hair and skin.

For further health claims please refer to pages 46-53

### Suitable for:

Men and women

### Form:

Capsule



### Hair, Skin & Nails

1 capsule provides on average:

Active Nutrient	Strength	%NRV+
Beta-carotene	2.5mg	*
Pantothenic acid	50 mg	833
Biotin	100µg	200
Vitamin C	17mg	21
Copper	0.1mg	10
Iodine	9µg	6
Selenium	25µg	45
Silica	1.4mg	*
Zinc	2.5 mg	25
MSM	250mg	*
1-3, 1-6 beta glucan	25mg	*
Maritime pine bark	25mg	*
providing proanthocyanidins	24mg	*
Bilberry extract	60mg	*
providing anthocyanidins	15mg	*
Cocoa extract	25mg	*
providing flavanols	7.5mg	*
Lycopene	2.5mg	*
Lutein	2.5mg	*
Astaxanthin	0.25mg	*
+NRV = Nutrient Reference Value		
* Indicates no NRV		



**Ingredients:** MSM (methylsulfonylmethane), vitamin B5 (as calcium d-pantothenate), vitamin C (from acerola cherry), bilberry extract 4:1 (providing anthocyanidins), 1-3, 1-6 beta glucan (from *Saccharomyces cerevisiae*), tomato extract (providing lycopene), maritime pine bark extract 50:1 (providing proanthocyanidins), silica (from horsetail extract 5:1), cocoa extract (providing flavanols), lutein (from marigold extract), astaxanthin, zinc citrate, beta-carotene (from *Dunaliella salina*), selenium (from seleno-methionine), iodine (from kelp extract), copper (as citrate), vitamin B7 (as d-biotin), hydroxypropyl methylcellulose (capsule shell), maltodextrin, ascorbyl palmitate, mixed tocopherols, sunflower oil, sunflower lecithin, silicon dioxide, corn starch, dl-alpha-tocopherol, dicalcium phosphate.

**Suggested Intake:** 1 capsule daily with food as a food supplement or as directed by a practitioner.

**Allergen Advice:** None.

**Contraindications:** This product is not suitable for children or women who are pregnant or breastfeeding. If you are taking any medication please check with your doctor or practitioner before taking this product.

**Storage:** Keep cool, dry & out of direct sunlight.