



1-000-9162-00

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Healthy

Skin & Hair *plus* Nails™

Healthy skin, hair and nails are important not only to appearance, but as an indication of internal health. This comprehensive formula provides vitamins, minerals and botanicals to promote tissue strength, shine and texture.

- **Herbal Nutrients to Strengthen** - Gotu kola and horsetail are two plants with a long history of use for skin, hair and nail strength and texture. Horsetail, a nutritive plant full of important minerals, is standardized to supply 5.6 mg silica per dose. This mineral is necessary for strong connective tissue production.*
- **Connective Tissue Support** - A special blend of vitamins and minerals provide the ingredients necessary to protect and repair connective tissue.* Proline and lysine are key elements of collagen production.*
- **Free Radical Protection** The best way to maintain healthy skin, hair and nails is to protect them from damage. Bioflavonoids provide antioxidants to protect the cells from free radicals that are created by the sun and environmental pollution.*

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*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.

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Take two (2) Liquid Soft-Gel daily with meals and a full glass of water.

Supplement Facts

Serving Size: 2 Liquid Soft-Gel

Servings per Container: 30

	Amount per Serving	% Daily Value
Vitamin C (as Calcium Ascorbate)	200 mg	333%
Biotin	2600 mcg	867%
Zinc (as Zinc Picolinate)	10 mg	67%
Copper (as Copper Amino Acid Chelate)	1 mg	50%
Manganese (as Manganese Citrate)	5 mg	250%
Fish Oil (30% Omega 3 Fatty Acids)	1058 mg	†
Gotu Kola extract (10% triterpenic acids)(herb)	180 mg	†
Citrus (<i>Citrus spp.</i>) Bioflavonoids (50% bioflavonoids)(fruit)	100 mg	†
Lysine (as Lysine Hydrochloride)	80 mg	†
Proline	80 mg	†
Silica (as Horsetail (<i>Equisetum arvense</i>) extract (7% silica)(herb))	11.2 mg	†
Bioperine Complex	#10007297 12 mg	†
Bioperine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(root)		

† Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, soy lecithin, beeswax, titanium dioxide, caramel color and red cabbage powder.

Contains: Soy, Fish (anchovy, sardine)

No preservatives added.

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