

The makers of Nature Made® supplements have combined five key nutrients to help support healthy hair, skin, and nails[†] in one small softgel. Each nutrient is backed by scientific evidence demonstrating support of hair, skin, nails or all three.[†] If the ingredient doesn't have scientific support, we didn't include it.

Biotin

May help support healthy hair, skin and nails in individuals lacking sufficient biotin[†]

Vitamin C

Supports collagen synthesis[†]

Zinc

Helps support healthy skin[†]

Copper

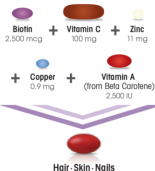
Essential for collagen synthesis and skin support[†]

Beta-Carotene

A precursor to Vitamin A, which is essential for healthy skin[†]

Hair • Skin • Nails Formula

The power of FIVE essential nutrients for hair, skin and nails – in ONE, easy-to-swallow softgel.



Not actual products or sizes; for illustration purposes only.

ACTUAL FILL ▲

[†]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.

List No. 4271 P201 Cat. A706 1A160



Lot:
Exp.:

VALUE
SIZE

Nature Made

**HAIR, SKIN,
& NAILS[†]**

**SUPPORTS COLLAGEN
SYNTHESIS
WITH VITAMIN C[†]**

- 2,500 mcg Biotin
- May help Support Healthy Hair, Skin & Nails^{††}
- Just One Softgel per Day

**120
SOFTGELS**

DIETARY
SUPPLEMENT

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**No Color Added • No Artificial Flavors
No Preservatives • No Yeast or Starch • Gluten Free**
SUGGESTED USE: Take 1 softgel daily with a meal. For easier swallowing, take with water before and during ingestion. Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.
Do not use if imprinted seal under cap is broken or missing.

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value
Vitamin A (as Beta Carotene) 2500 IU	50%
Vitamin C (as Ascorbic Acid) 100 mg	167%
Biotin 2500 mcg	833%
Zinc (as Zinc Oxide) 11 mg	73%
Copper (as Copper Oxide) 0.9 mg	45%

OTHER INGREDIENTS: Medium Chain Triglycerides, Gelatin, Glycerin, Dibasic Calcium Phosphate, Yellow Beeswax, Water, Soy Lecithin, Soybean Oil, Polysorbate 80.

Contains: Soy.

Distributed by:

Nature Made Nutritional Products

Mission Hills, CA 91346-9606, U.S.A.

1-800-276-2878 • www.NatureMade.com

Encapsulated and quality tested in the U.S.A.

[†]May help support healthy hair, skin and nails in those that are biotin deficient[†]

Hair, Skin and Nails softgels are made to Nature Made's guaranteed purity and potency standards.

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