

Hair, Skin & Nails is a special blend of nutrients for supporting the growth of the healthiest hair, skin and nails possible.[†]

The production of the specialized proteins that make up our hair, skin and nails requires high levels of Biotin and we now provide an exceptional 1000 mcg of this essential B-vitamin, a nutrient often provided only in minute levels in typical multivitamins.[†]

This formula also provides Sulfur from Methylsulfonylmethane (MSM) because Sulfur is essential to the structure of all these tissues and MSM is an exceptional source of organic sulfur.[†] Collagen and silica are additional ingredients included to promote healthy hair, skin & nails.

Nature's Lab has included antioxidant vitamins A, C, E, the mineral zinc, plus a berry and veggie complex for enhanced antioxidant benefits.[†]

Warnings: Pregnant or lactating women and people with known medical conditions and/or taking drugs should consult with a qualified healthcare practitioner prior to taking dietary supplements.

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



VEGETARIAN
CAPSULE

kollaGen II-xs™ is a trademark of Certified Nutraceuticals, Inc. and is protected by U.S. patent #8,344,106.
OptiMSM™ is a registered trademark of Bergstorm Nutrition.
Extramel™ is a registered trademark of Bionov.

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Nature's Lab™

HAIR, SKIN & NAILS

HELPS SUPPORT HEALTHY HAIR, SKIN & NAILS[†]



240 EASY-TO-SWALLOW VEGETARIAN CAPSULES

D I E T A R Y S U P P L E M E N T

Suggested Use: As a dietary supplement, take 2 capsules one time daily, preferably with a meal, or as directed by a qualified healthcare practitioner.

Supplement Facts

Serving Size: 2 vegetarian capsules

Servings Per Container: 120

	Amount Per Serving	%Daily Value
Vitamin A (as beta-carotene)	500 IU	10%
Vitamin C (as ascorbic acid)	180 mg	300%
Vitamin E (as d-alpha tocopheryl succinate)	25 IU	83%
Biotin	1000 mcg	333%
Zinc (as zinc glycinate chelate)	5 mg	33%

HSN Collagen Blend

Collagen Peptides, KollaGen II-xs™ (Collagen Type II)

230 mg

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HSN Collagen Support

OptiMSM® (methylsulfonylmethane), L-Proline, L-Lysine (as L-Lysine HCl), Silica (from Horsetail extract) (*Equisetum arvense*) (stem)

305 mg

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HSN Cellular Defense

Grape seed extract (*Vitis vinifera*) (95% proanthocyanidins), Pomegranate fruit extract (*Punica granatum*), Blueberry fruit extract (*Vaccinium uliginosum*), Acai berry extract (*Euterpe oleracea*), Extramel®M (*Cucumis melo*) (fruit) (Contains Superoxide dismutase)

90 mg

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VitaBerry®

(Grape and grape seed extract, wild blueberry and wild blueberry extract, raspberry and raspberry seed concentrate, cranberry, prune, tart cherry, wild bilberry and wild bilberry extract and strawberry powder)

5 mg

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VitaVeggie®

(Broccoli sprout concentrate, onion extract, tomato, broccoli, carrot, spinach, kale, brussel sprout)

5 mg

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*Daily Value not established

Other Ingredients: Hypromellose (capsule), rice flour, magnesium stearate (vegetable source)

Free of: Sugar, Salt, Dairy, Eggs, Peanuts, Tree Nuts, Fish, Shellfish, Yeast, Wheat, Gluten, Preservatives, Titanium Dioxide, Artificial Colors and Flavors.

Do not use if seal is broken. Keep out of reach of children. Store in a cool, dry place.