

HAIR SKIN NAILS

NOURISHING COMPLEX[†]

60 Tablets



Can I give Hair Skin Nails to my children?

Hair Skin Nails is designed for adult use and is not recommended for children. Always consult your pediatrician before giving any supplements to children.

US LABEL

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 30 Servings

	Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	400 mg	667%
Vitamin E (as natural d-alpha-tocopheryl succinate)	60 IU	200%
Vitamin B ₆ (as pyridoxine HCl)	4 mg	200%
Biotin	5,000 mcg	1,667%
Pantothenic acid (as D-calcium pantothenate)	20 mg	200%
Zinc (as zinc citrate)	20 mg	133%
Selenium (as selenomethionine)	140 mcg	200%
Manganese (as manganese gluconate)	4 mg	200%
Alpha-Lipoic acid	50 mg	*
MSM (methylsulfonylmethane)	200 mg	*
Gotu kola extract (10% asiaticosides) (whole herb)	120 mg	*
Proprietary Blend:	400 mg	*
Grape seed extract (95% polyphenols), Fo ti (<i>he shou wu</i>) root, amla fruit extract, goji (<i>Lycium barbarum</i>) fruit extract, horsetail extract (natural silica), Japanese seaweed blend (kombu, nori and wakame), <i>Haematococcus pluvialis</i> whole algae extract (providing 50 mcg astaxanthin), olive fruit extract, and melon pulp concentrate (Extramel®).		

*Daily value (DV) not established.

OTHER INGREDIENTS

Calcium carbonate, microcrystalline cellulose, stearic acid, croscarmellose sodium, coating (hypromellose, macrogol, hydroxypropyl cellulose, peppermint oil, stevia leaf extract), magnesium stearate, and silica.

Caution: Consult your physician if you are pregnant, nursing, taking medications, or have a medical condition.

Warning: Keep out of reach of children. Do not use if tamper evident seal is broken or missing. Protect from heat, light, and moisture.

SUGGESTED USE

Take two tablets daily with a meal. Drink at least 8 glasses of water daily.



[†]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.