



MegaFood
Fresh From Farm To Tablet™

Skin, Nails & Hair™

Supports Healthy
Complexion, Nails & Hair*



60
TABLETS
20
SERVINGS

with Horsetail, Nettle & Red Clover Blossom

MULTIVITAMIN & HERBAL
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Tablets
Servings per Container 20

	Amount per Serving	% DV
Vitamin C (ascorbic acid with organic orange)	250 mg	278
Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice)	67 mg	447
Folate (folic acid with broccoli)	680 mcg DFE (400 mcg folic acid)	170
Biotin (with organic brown rice)	300 mcg	1000
Pantothenic Acid (d-calcium pantothenate with organic brown rice)	30 mg	600
Zinc (mineral bound <i>S. cerevisiae</i>)	15 mg	136
Copper (mineral bound <i>S. cerevisiae</i>)	1 mg	111
Silica (mineral bound <i>S. cerevisiae</i>)	1 mg	**
Sulfur (mineral bound <i>S. cerevisiae</i>)	3 mg	**
Skin, Nails & Hair Support Blend*	445 mg	**
Organic Horsetail Leaf, Organic Nettle Leaf, Organic Milk Thistle Seed, Organic Chaste Tree Berry, Organic Red Clover Aerial Parts, Organic Ashwagandha Root, Organic Ginger Root, Organic Chamomile Flower, Organic Rosemary Leaf, Organic Turmeric Root, Organic Yellow Dock Root, Organic Dandelion Leaf, Organic Dandelion Root, Organic Blueberry, Organic Cranberry		
Fruit Phenolic Blend	57 mg	**
Organic Whole Orange, Organic Cranberry, Organic Blueberry		

** % Daily Value (DV) not established

Other Ingredients: Cellulose, Silica, Stearic Acid.

Suggested Use: 3 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

MegaFood Skin, Hair & Nails contains FoodState Nutrients™ with herbs and real, whole foods to strengthen and nourish.*

* This MegaFood product is made with real food, wholesome nutritional yeast, added nutrients and carefully selected herbs. Each vitamin or mineral is paired with an ideal whole food using our unique process to deliver guaranteed potency and the benefit of health-promoting compounds present in the whole food itself.* See how they're made at megafood.com/showme. Satisfaction guaranteed or your money back.



We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture. megafood.com/farmers

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Made with Love by MegaFood, PO Box 5244,
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Best Before: _____