



**MegaFood**  
Fresh From Farm To Tablet™



# Skin, Nails & Hair 2™

**Supports Healthy  
Complexion, Nails & Hair\***



**60  
TABLETS  
30  
SERVINGS**

**with Carrots, Oranges, Nettle & Brown Rice**  
**MULTIVITAMIN & HERBAL  
DIETARY SUPPLEMENT**

## Supplement Facts

**Serving Size 2 Tablets**  
**Servings per Container 30**

	Amount per Serving	% DV
• Vitamin A (beta carotene with carrot)	600 mcg RAE	67
• Vitamin C (ascorbic acid with organic orange)	200 mg	222
• Vitamin E (d-alpha tocopherol [sunflower] with organic brown rice)	20 mg	133
• Vitamin B6 (pyridoxal-5-phosphate with organic brown rice)	4 mg	235
• Biotin (with organic brown rice)	300 mcg	1000
• Pantothenic Acid (d-calcium pantothenate with organic brown rice)	20 mg	400
Zinc (rice amino acid chelate)	15 mg	136
• Selenium (mineral bound <i>S. cerevisiae</i> )	50 mcg	91
Organic Nettle Leaf ( <i>Urtica dioica</i> )	500 mg	**

\*\* % Daily Value (DV) not established

**Other Ingredients:** Cellulose, Silica, Stearic Acid.

**Suggested Use:** 2 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

MegaFood Skin, Hair & Nails 2 contains FoodState Nutrients™ with herbs and real whole foods and nettle 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](http://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](http://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  
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