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MegaFood
Fresh From Farm To Tablet™

Skin, Nails & Hair 2™

Supports Healthy Complexion, Nails & Hair*



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

60 TABLETS
30 SERVINGS

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. 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, Manchester, NH 03108 megafood.com / 800.848.2542



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Best Before:
L01#:

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