

PRODUCT INFORMATION:

Four capsules typically provide:

Vitamin C	100mg	%NRV*	125
Vitamin B6 (pyridoxine)	10mg		714
provided by pyridoxine HCl	13mg		
Biotin	80µg		160
Pantothenic acid (vitamin B5)	100mg		1667
Zinc	6mg		60
Collagen	1200mg		
GLA (Gamma Linolenic Acid)	40mg		
Methyl Sulphonyl Methane (MSM)	100mg		
Silicon	140mg		

*NRV = Nutrient Reference Value

INGREDIENTS:

Hydrolysed collagen (from **fish** [including catfish, tilapia and pangasius catfish]), capsule shell: gelatine (bovine/porcine); silicon dioxide, borage oil powder (coating: vegetable fat; antioxidant: mixed tocopherols), calcium ascorbate (vitamin C), calcium pantothenate, methyl sulphonyl methane, anti-caking agent: magnesium stearate; zinc citrate, pyridoxine HCl, d-biotin.

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, sugar, wheat, yeast.

This product is not tested on animals.

higher nature.

NAILS & HAIR WITH ZINC, BIOTIN & COLLAGEN

ULTIMATE NUTRITION

FOOD SUPPLEMENT

120
capsules

NAILS & HAIR

- ✓ Biotin and zinc contribute to maintenance of normal hair
- ✓ Zinc contributes to the maintenance of normal nails
- ✓ Our borage oil is free from pyrrolizidine alkaloids

DIRECTIONS:

Take 4 capsules a day, or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

NAH120
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Jar Lid



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