

SUGGESTED USE Consume one or two capsules daily or as recommended by a health care professional. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For answers to questions about the use of this product, call 800.808.7311.**



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*Purity. Quality. Integrity.
Effectiveness.*

Andrew Lessman
Founder of ProCaps Labs



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MANUFACTURED BY 

HEALTHY HAIR SKIN & NAILS™

4,000 MCG BIOTIN
COMPLETE B-COMPLEX • MSM



360 Easy-to-Swallow Capsules

Andrew Lessman's HEALTHY HAIR, SKIN AND NAILS is a uniquely comprehensive blend of nutrients to promote the healthiest appearance and growth of our Hair, Skin and Nails. These three tissues make up our Integumentary System, which is not only the largest system in our body, but also the only one that never stops growing. As a result, it has substantial specialized nutrient requirements, which are virtually impossible to satisfy from even the healthiest diet. Although the appearance of our hair, skin and nails does not affect our health, there is no denying its impact on how we feel. Nutritional requirements for hair, skin and nail tissues are virtually identical, which allows this single economical formula to completely satisfy the needs of all three tissues. It has long been recognized that the healthy growth of the uniquely specialized tissues of our hair, skin and nails require far higher levels of Biotin than are present in even the healthiest diet or any typical multivitamin. For that reason, this formula provides an exceptional 4,000 mcg of this scientifically recognized beauty nutrient. We also provide a generous amount of MSM (methylsulfonylmethane), an exceptional source of organic Sulfur, because Sulfur is so critical to the unique structure of our hair, skin and nails. We also include more than a dozen other essential nutrients, such as all of the B-Complex vitamins, including our absorption protected Methylcobalamin (natural Coenzyme Vitamin B12), as well as Silicon from natural bamboo. Our **Healthy Hair, Skin and Nails** effectively ensures that you possess all you require on the inside of your body to create the most beautiful hair, skin and nails on the outside.

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.
CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.
CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts

Serving Size 2 Capsules		Servings Per Container 180
Amount Per Serving		%DV*
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	90 mg	100%
Vitamin D3 (as cholecalciferol)	5 mcg (200 IU)	25%
Vitamin B1 (as thiamin hydrochloride)	5 mg	417%
Vitamin B2 (as riboflavin)	5 mg	385%
Niacin (as niacinamide)	5 mg	31%
Pantothenic Acid (as calcium pantothenate)	5 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	294%
Vitamin B12 (as True Methylcobalamin - Protected)	25 mcg	1,042%
Folate	33 mcg DFE (20 mcg Folic Acid)	8%
Biotin	4,000 mcg	13,333%
MSM (as methylsulfonylmethane)	500 mg	†
Silicon (from silicon dioxide/bamboo extract)	10 mg	†
Branched Chain Amino Acid Complex (leucine, valine, isoleucine)	20 mg	†
Gelatin (from gelatin capsule)	152 mg	†

* Percent Daily Value (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.
Other Ingredients: Proprietary Protective Methyl B12 Matrix.