

**SUPPORTS HEALTHY
HAIR, SKIN, AND NAILS***

Nature's Way® Hair & Skin formula is a specialty blend of herbs like cayenne, fo-ti, kelp, and horsetail, with enzymes and other nutrients to help support healthy hair, skin, and nails.*

◆ LG79240.B04 B212214B



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



❖ PREMIUM BLEND ❖

HAIR & SKIN

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**100 CAPSULES
DIETARY SUPPLEMENT**

Recommendation: Take 4 capsules daily, preferably with food. **Caution:** Biotin may interfere with lab tests. If you are planning to undergo lab testing, pregnant, nursing, have kidney dysfunction, or if you are taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 4 Capsules
Servings per Container 25

Amount per Serving		% DV
Total Carbohydrate	<1 g	<1%†
Dietary Fiber	<1 g	2%†
Biotin	1,600 mcg	5,333%
Sodium	10 mg	<1%
Methyl Sulfonyl Methane (MSM)	600 mg	**
Cayenne Pepper (fruit)	160 mg	**
Fo-Ti (root)	160 mg	**
Glucosamine HCl	160 mg	**
Horsetail (aerial parts)	160 mg	**
Kelp (whole thallus)	160 mg	**
Nettle (<i>Urtica</i> spp.) (leaf)	160 mg	**
Oat straw (aerial parts)	160 mg	**
Rosemary (leaf)	160 mg	**

Amount per Serving		% DV
Concentrated Enzyme formula	100 mg	**
(Protease I, Protease II, Amylase, Lactase, Peptidase, Cellulose, Invertase, Alpha Galactosidase, Lipase)		

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: plant-derived capsule (hypromellose), cellulose, magnesium stearate, silica. Contains shellfish (crab, shrimp, and lobster).

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

GLUTEN FREE. No soy, or artificial colors, flavors, or preservatives.

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Questions? 1-800-9NATURE / naturesway.com

