

Have you ever wished for shiny, bouncy hair? Smooth, glowing skin? Or even strong, natural nails? **Hair, Skin, & Nails™** is specifically formulated to support healthy-looking hair, skin, and nails from the inside out, providing your body with the nutrients it needs to build and rejuvenate itself.*

WARNING: If you are pregnant, nursing or taking medications, consult your healthcare professional before using this product.
KEEP OUT OF THE REACH OF CHILDREN.
DIRECTIONS: Take 2 capsules daily or as directed by your healthcare professional.

* 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.

Youngevity

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Youngevity

**ULTIMATE
 HAIR, SKIN
 & NAILS™**

60
 capsules

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Capsules
 Servings Per Container: 30

	Amount per Serving	%DV
Vitamin A (as retinyl acetate)	5000 IU	100%
Vitamin C (from calcium ascorbate)	120 mg	200%
Vitamin D (as cholecalciferol)	100 IU	333%
Thiamin (as thiamine hydrochloride)	5 mg	294%
Riboflavin (as riboflavin)	5 mg	100%
Niacin (as niacinamide)	20 mg	500%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	50%
Folate (as folic acid)	200 mcg	333%
Vitamin B12 (as methylcobalamin)	20 mcg	667%
Biotin	2000 mcg	200%
Pantothenic Acid (from calcium pantothenate)	20 mg	**
Methylsulfonylmethane (MSM)	700 mg	**
Proprietary Silica Complex	40 mg	
Silica (from silicon dioxide), Silica (from bamboo extract), Silica (from magnesium trisilicate), Silica (from horsetail herb extract)		
Choline (from choline bitartrate)	20 mg	**
Inositol	20 mg	**
L-Methionine	20 mg	**
Para-Aminobenzoic Acid (PABA)	20 mg	**

** Daily Value (DV) not established.

OTHER INGREDIENTS: Gelatin capsule (gelatin and water), gelatin.