



*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.

MegaFood
Fresh From Farm To Tablet™

Skin, Nails & Hair™

**Supports Healthy
Complexion, Nails & Hair***



with horsetail, nettle & red clover blossom

**MULTIVITAMIN & HERBAL
DIETARY SUPPLEMENT**

Suggested Use: 3 tablets daily with a beverage. May be taken anytime throughout the day, even on an empty stomach.

Supplement Facts

Serving Size 3 Tablets Servings per Container 60

Amount per Serving	% DV
Vitamin C (as ascorbic acid with organic orange) [†] 250 mg	278%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) [†] 67 mg	447%
Folate (as folic acid with broccoli) [†] 680 mcg DFE (400 mcg folic acid)	170%
Biotin (as biotin with organic brown rice) [†] 300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice) [†] 30 mg	600%
Zinc (as fermented zinc bisglycinate) 15 mg	136%
Copper (as fermented copper bisglycinate) 1 mg	111%
Silica (as fermented silica) 1 mg	**
Sulfur (as fermented sulfur) 3 mg	**
Skin, Nails & Hair Support Blend* 390 mg	**
Organic Horsetail Leaf, Organic Nettle Leaf, Organic Chaste Tree Berry, Organic Red Clover Aerial Parts, Organic Ashwagandha Root, Organic Ginger Root, Organic Chamomile Flower, Organic Rosemary Leaf, Organic Turmeric Root, Organic Yellow Dock Root, Organic Dandelion Leaf, Organic Dandelion Root, Organic Blueberry, Organic Cranberry	
Fruit Phenolic Blend 57 mg	**
Organic Whole Orange, Organic Cranberry, Organic Blueberry	

** % Daily Value (DV) not established

Other Ingredients: Ferment media (organic brown rice, rice protein, autolyzed yeast extract, yeast [inactive]), microcrystalline cellulose, silicon dioxide, organic brown rice, stearic acid, rice protein, hypromellose, autolyzed yeast extract.

Made by MegaFood, PO Box 5244, Manchester, NH 03108 USA
megafood.com / 800.848.2542

MegaFood Skin, Nails & Hair contains nutrients, herbs and real food to strengthen and nourish.*

This MegaFood product is made with real food, wholesome nutritional yeast, herbs, and added nutrients. [†]This vitamin is paired with a whole food in our unique process. 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

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Biotin is an important nutrient. Biotin may interfere with lab tests. If you are taking medication or planning to undergo lab testing, consult with your doctor before use.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.



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Lot#:
Best Before: