

Manufactured by MegaFood
An FDA Registered Facility. GMP Compliant. PO Box 325, Derry, NH 03038
For more information visit www.megafood.com OR CALL 800-848-2542



F1232B-10
Rev 19: 07/10

Lot#: _____
Best Before: _____



MegaFood™

100% WHOLE FOOD



Promotes a Healthy Glow*

SKIN, NAILS & HAIR™

VEGETARIAN
DIETARY SUPPLEMENT

60
TABLETS

Supplement Facts

Serving Size 3 Tablets

Servings per Container 20

	Amount per Serving	% DV ▼
100% Whole Food Nutrients†		
Vitamin C.....(1000 mg whole oranges) [†]	250 mg	417
Vitamin E*.....(400 mg organic brown rice) [†]	100 IU	333
Folate.....(40 mg broccoli) [†]	400 mcg	100
Biotin.....(60 mg organic brown rice) [†]	300 mcg	100
Pantothenic Acid.....(120 mg <i>S. cerevisiae</i>) [†]	30 mg	300
Zinc.....(300 mg <i>S. cerevisiae</i>) [†]	15 mg	100
Copper.....(100 mg <i>S. cerevisiae</i>) [†]	1 mg	50
Silica.....(100 mg <i>S. cerevisiae</i>) [†]	1 mg	**
Sulfur.....(60 mg <i>S. cerevisiae</i>) [†]	3 mg	**
Skin, Nails & Hair Beautifying Blend	375 mg	**
Organic Spring Horsetail Leaf, Organic Nettle Leaf, Organic Milk Thistle Seed, Organic Chaste Tree Berry, Organic Red Clover Flower, Organic Ashwagandha Root, Organic Chamomile Flower, Organic Yellowdock Root, Organic Dandelion Leaf & Root		
Age-Defying Antioxidant Blend	70 mg	**
Organic Ginger Root, Organic Rosemary Leaf, Organic Turmeric Root, Organic Blueberry, Organic Cranberry		
Protective Phenolic Fruit Concentrate†	57 mg	**
Whole Orange [†] (natural source bioflavonoids), Wild Blueberry [†] (natural source anthocyanins), Cranberry [†] (natural source proanthocyanidins)		
Digestive Enzyme Blend	6 mg	**
Amylase, Cellulase, Protease, Lipase		

** % Daily Value (DV) not established *full spectrum of mixed tocotrienols and tocopherols

Other Ingredients: Plant Cellulose, Vegetable Lubricant, Silica.

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

Beauty Begins From Within - MegaFood formulated **Skin, Nails & Hair™** with 100% whole food nutrients and organic herbs that are known to nourish, strengthen and promote the growth of hair, skin and nails.* Purifying, hormone balancing and antioxidant rich herbs are also included to promote clear, radiant skin and healthy hair.* FoodState® concentrates deliver whole food nutrients which are easy to digest and assimilate. This highly efficacious formula delivers tangible benefits when used consistently on a daily basis.

Skin, Nails & Hair is made only from wholesome, all natural ingredients, certified organic herbs and with no preservatives.

Whole food nutrients are readily recognized and better utilized by the body, therefore you can take lower potencies with better results. Less is more with food.



MegaFood.
Our Name is Our Promise™

Easy-to-digest and full of vital nourishment, you will LOVE the MegaFood Difference - Satisfaction Guaranteed.

**Tested to be FREE of:
Gluten, Dairy, Soy, Pesticides and Herbicides
Does Not Contain Corn or Wheat**

† FoodState® concentrates, made from fresh, raw foods, deliver 100% whole food nutrients and protective antioxidants - *As Nature Intended*. They are a natural source of vital phytonutrients, including CoQ10, SOD, glutathione, enzymes, lipoic acid, amino acids and beta glucans. *S. cerevisiae*, a non-candida yeast, is one of nature's most nutrient-rich foods, with an array of health-promoting benefits.

* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.