

Healthy Skin & Hair Plus Nails** Healthy skin, hair and nails are important not only to appearance but as an indication of internal health as well. Taking steps to improve skin, hair and nail health can not only improve the way you look but enhance the way you feel.*

■ **Nutrients to Strengthen:** Horsetail is a nutritive plant full of important minerals, and is standardized to supply 11.2 mg silica per serving.* Biotin is an essential vitamin that improves the strength and luster of brittle nails.*

■ **Connective Tissue Support:** A special blend of vitamins and minerals provide the ingredients necessary to build and protect connective tissue.* Proline and Lysine are two key elements of collagen structure.*

■ **Free Radical Protection:** The best way to maintain healthy skin, hair and nails is to protect them from damage.* Bioflavonoids possess antioxidant qualities to protect the cells from free radicals that are created by the sun and environmental pollution.*

What makes us different:

■ **Liquid Soft-Gels** - The nutrients in these easy-to-swallow Liquid Soft-Gels are released fast. Other forms of delivery can contain binders and fillers that may cause stomach upset and offer no nutritional value. Advanced Liquid Soft-Gels provide an optimum delivery system.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Quality Assurance - Irwin Naturals® is committed to providing the highest quality products for your health. We employ compliance testing to ensure purity and potency.



Global Responsibility - Over the years we have donated to organizations that support the environment and the health of our children.



Patented BioPerine® - Our special BioPerine Complex enhances the bioavailability, absorption and potency of many nutrients.*

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

QUESTIONS: Contact Consumer Affairs
1-800-297-3273 • Weekdays 8:00 AM to 5:00 PM (PST)
Questions@IrwinNaturals.com

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
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Highly Specialized Products:

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**VALUE
SIZE!**

**NUTRIENT
RICH**

Healthy Skin & Hair_{plus} Nails®



**Promotes Vibrant Shine,
Texture & Strength***

120 LIQUID SOFT-GELS

DIETARY SUPPLEMENT

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Take two (2) Liquid Soft-Gels daily with meals and a full glass (8oz) of water.

Supplement Facts

Serving Size: 2 Liquid Soft-Gels
Servings per Container: 60

	Amount per Serving	% Daily Value
Calories	20	
Total Fat	1 g	1%**
Protein	1 g	
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Biotin	2600 mcg	8667%
Calcium	30 mg	2%
Zinc (as Zinc Picolinate)	10 mg	91%
Copper (as Copper Amino Acid Chelate)	1 mg	111%
Manganese (as Manganese Citrate)	5 mg	217%
Flaxseed Oil (seed)	1058 mg	†
Gotu Kola extract (10% triterpenic acids, 18 mg)(herb)	180 mg	†
Horsetail (<i>Equisetum arvense</i>) extract (7% silica, 11.2 mg)(whole herb)	160 mg	†
Citrus (<i>Citrus spp.</i>) extract (50% bioflavonoids, 50 mg)(fruit)	100 mg	†
Lysine (as Lysine Hydrochloride)	80 mg	†
Proline	80 mg	†
BioPerine Complex	12 mg	†
BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)		

**% Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, beeswax, soy lecithin, titanium dioxide (color), maltodextrin, caramel (color) and red cabbage powder (color).

Contains: Soy

®BioPERINE® is a registered trademark of Sabinsa Corporation.
No preservatives added.