

SUGGESTED USAGE: Take 3 capsules daily with food.

NOW® Solutions Clinically Advanced Hair, Skin & Nails is formulated to nurture hair, skin, and nails from the inside. This product features Cynatine® HNS a revolutionary patented and bioavailable form of solubilized keratin that can help you maintain full, lustrous hair and nails that are strong and flexible.* Cynatine® HNS can also help the skin to retain its youthful moisture and elasticity, as well as battle signs of aging associated with free radicals.* This product also has other critical nutrients necessary for the support and maintenance of the skin's healthy and youthful appearance.*

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

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition (especially glaucoma). Keep out of reach of children. This product contains Biotin which may interfere with some blood test results. Go to nowfoods.com/biotinlab for details.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

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now®
solutions

clinically advanced
**hair, skin
& nails**

Formulated with
Clinically Tested Cynatine®

Maintenance of Strong Hair & Nails*

Supports Healthy Skin*

90 Veg Capsules

A Dietary Supplement

Supplement Facts

Serving Size 3 Veg Capsules Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	1,500 mcg	167%
Vitamin C (as Ascorbic Acid)	60 mg	67%
Vitamin E (as d-alpha Tocopheryl Succinate)	20 mg	133%
Thiamin (Vitamin B-1) (from Thiamin HCl)	10 mg	833%
Riboflavin (Vitamin B-2)	10 mg	769%
Niacin (Vitamin B-3) (as Niacinamide)	18 mg	113%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	118%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B-12 (as Methylcobalamin)	100 mcg	4167%
Biotin	300 mcg	1000%
Pantothenic Acid (from Calcium Pantothenate)	14 mg	280%
Choline (from Choline Bitartrate)	25 mg	5%
Zinc (from Zinc Bisglycinate) (TRAACS™)	15 mg	136%
Copper (from Copper Bisglycinate) (TRAACS™)	2 mg	222%
Cynatine® HNS (Solubilized Keratin)	500 mg	†
MSM (Methylsulfonylmethane)	500 mg	†
Beef Gelatin (BSE-free)	200 mg	†
L-Proline	100 mg	†
Horsetail (<i>Equisetum arvense</i>) (Aerial Parts)	100 mg	†
Hyaluronic Acid (from Sodium Hyaluronate)	50 mg	†
Inositol	25 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Ascorbyl Palmitate and Silicon Dioxide. Vitamin E from non-GMO soy.

NOW FOODS, 395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowfoods.com/nowsolutions

Made and quality tested in the USA with globally sourced ingredients.



Cynatine® is a registered trademark of Roxlor, LLC.
TRAACS™ is a trademark of Albion Laboratories, Inc.