

SUPPORTS HEALTHY
HAIR, SKIN, AND NAILS*



Nature's Way® Hair & Skin formula is a specialty blend of herbs like cayenne, fo-ti, kelp, and horsetail, with enzymes and other nutrients to help support healthy hair, skin, and nails.*

◆ LG79240.B05 82122148



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



❖ PREMIUM BLEND ❖

HAIR & SKIN

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100 CAPSULES
DIETARY SUPPLEMENT

Recommendation: Adults, take 4 capsules daily, preferably with food. **Warning:** Do not use if you are pregnant or nursing. If you have kidney dysfunction or if you are taking any medications consult a healthcare professional before use. Biotin may interfere with lab tests. If you are planning to undergo lab testing, consult a healthcare professional before use.

Supplement Facts

Serving Size 4 Capsules
Servings per Container 25

Amount per Serving		% DV
Total Carbohydrate	<1 g	<1%†
Dietary Fiber	<1 g	2%†
Biotin	1,600 mcg	5,333%
Sodium	10 mg	<1%
Methylsulfonylmethane (MSM)	600 mg	**
Cayenne Pepper (fruit)	160 mg	**
Fo-Ti (root)	160 mg	**
Glucosamine HCl	160 mg	**
Horsetail (aerial parts)	160 mg	**
Kelp (whole thallus)	160 mg	**
Nettle (<i>Urtica</i> spp.) (leaf)	160 mg	**
Oat straw (aerial parts)	160 mg	**
Rosemary (leaf)	160 mg	**

Amount per Serving % DV

Concentrated Enzyme formula 100 mg **
(Protease I, Protease II,
Amylase, Lactase, Peptidase,
Cellulase, Invertase, Alpha
Galactosidase, Lipase)

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: plant-derived capsule (hypromellose), cellulose, magnesium stearate, silica
Contains shellfish (crab, shrimp, and lobster).

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

Contains no soy, or artificial colors, flavors, or preservatives.

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Questions? 1-800-9NATURE / naturesway.com

