

PRODUCT INFORMATION:

Four capsules typically provide:

		%NRV*
Vitamin C	100mg	125
Vitamin B6	10mg	714
Biotin	80µg	160
Pantothenic acid (vitamin B5)	100mg	1667
Zinc	6mg	60
Collagen	1200mg	
GLA (gamma linolenic acid)	40mg	
MSM (methyl sulphonyl methane)	100mg	
Silicon	140mg	

*NRV = Nutrient Reference Value

INGREDIENTS: Hydrolysed collagen (from fish), capsule shell: gelatine (bovine/porcine), silicon dioxide, borage oil powder, calcium l-ascorbate (vitamin C), calcium d-pantothenate (vitamin B5), methyl sulphonyl methane, anti-caking agent: magnesium stearate, zinc citrate, pyridoxine HCl (vitamin B6), d-biotin.

Allergy advice: see ingredients in **bold**

WARNING: If you are pregnant, breastfeeding, taking any medication or have a medical condition including epilepsy, please consult your healthcare professional before using this product.

No artificial colours, flavours or preservatives.

No yeast, added sugar or salt.

Our borage oil is free from pyrrolizidine alkaloids.

This product has not been tested on animals.

HIGHER NATURE®

HEALTHY LIFESTYLE

NAILS & HAIR

With zinc, biotin
& collagen



One month's supply
120 capsules

NAILS & HAIR**FOOD SUPPLEMENT - 120 CAPSULES**

- ✓ Biotin and zinc contribute to maintenance of normal hair
- ✓ With collagen, silicon and MSM

DIRECTIONS: Adults take 4 capsules a day at least 30 minutes before meals. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE: Store in a cool, dry place out of reach of children.

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