

Suggested Usage: Take 2 capsules daily with food.

NOW® Solutions Vegan Hair, Skin & Nails works at the cellular level to promote natural beauty from within.* This completely vegan formula offers the amino acids and minerals that are essential for the production of collagen and keratin, which are the main structural components of hair, skin, and nails.* This formula also has the antioxidant vitamins C and E, which help protect skin from free radicals, as well as biotin and hyaluronic acid, which can also support healthy, youthful skin.*

***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.**

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.

Albion™ is a trademark of Balchem Corporation or its subsidiaries.

Sunvitol® E500 is a registered trademark of Nutralliance Inc.

This bottle is made from 100% PCR (post-consumer recycled) resin.



vegan hair, skin & nails

**Nutritional Support for
Hair, Skin & Nails***

With 5,000 mcg Biotin

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 45

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	90 mg	100%
Vitamin E (as d-alpha Tocopherol) (from Sunflower Oil) (Sunvitol® E500)	20 mg	133%
Biotin	5 mg (5,000 mcg)	16,667%
Zinc (from Zinc Bisglycinate) (Albion™)	8 mg	73%
Copper (from Copper Bisglycinate) (Albion™)	1 mg	111%
Manganese (from Manganese Chelate Complex)	2 mg	87%
L-Cysteine (from Cysteine HCl)	250 mg	†
L-Lysine (from Lysine HCl)	200 mg	†
MSM (Methylsulfonylmethane)	200 mg	†
L-Proline	200 mg	†
Horsetail (<i>Equisetum arvense</i>) (Aerial Parts)	100 mg	†
Hyaluronic Acid (from Sodium Hyaluronate)	50 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Silicon Dioxide.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com/nowsolutions

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

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