



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

MegaFood®

Fresh From Farm To Tablet™

Skin, Nails & Hair 2™

Supports Healthy Complexion, Nails & Hair*



90 TABLETS
45 SERVINGS

with carrots, oranges, nettle & brown rice
MULTIVITAMIN & HERBAL DIETARY SUPPLEMENT

Suggested Use: 2 tablets daily with a beverage. May be taken anytime throughout the day, even on an empty stomach.

Supplement Facts

Serving Size 2 Tablets Servings per Container 45

Amount per Serving	% DV
Vitamin A (as beta carotene with carrot)† 600 mcg RAE	67%
Vitamin C (as ascorbic acid with organic orange)† 200 mg	222%
Vitamin E (as d-alpha tocopherol from sunflower seed oil)† 20 mg	133%
Vitamin B6 (as pyridoxal-5-phosphate with organic brown rice)† 4 mg	235%
Biotin (as biotin with organic brown rice)† 300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice)† 20 mg	400%
Zinc (as zinc bisglycinate) 15 mg	136%
Selenium (as fermented selenium glycinate) 50 mcg	91%
Organic Nettle Leaf (<i>Urtica dioica</i>) 500 mg	**

** % Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, silicon dioxide, organic brown rice, rice protein, stearic acid, ferment media (rice protein, organic brown rice, autolyzed yeast extract, yeast [inactive]), hypromellose.

Made by MegaFood, PO Box 5244, Manchester, NH 03108 USA
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MegaFood Skin, Hair & Nails 2 contains nutrients, herbs and real food to strengthen and nourish.*

This MegaFood product is made with real food, wholesome nutritional yeast, herbs, and added nutrients. †This vitamin is paired with a whole food in our unique process. Satisfaction guaranteed or your money back.



We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture. megafood.com/farmers

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Biotin is an important nutrient. Biotin may interfere with lab tests. If you are taking medication or planning to undergo lab testing, consult with your doctor before use.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.



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