

PRODUCT INFORMATION

Four capsules typically provide:

		%RDA*
Vitamin C	100mg	125
Vitamin B6 (pyridoxine)	10mg	714
provided by pyridoxine HCl	13mg	
Biotin	80µg	160
Pantothenic acid (vitamin B5)	100mg	1667
Zinc	6mg	60
Collagen	1200mg	
GLA (Gamma Linolenic Acid)	40mg	
Methyl Sulphonyl Methane (MSM)	100mg	
Silicon	140mg	

*RDA = Recommended Daily Allowance (new 2009 values)

INGREDIENTS: Hydrolysed collagen (from fish [including catfish, tilapia and pangasius catfish]), capsule shell: gelatine (opacifier: titanium dioxide); silicon dioxide, borage oil powder (coating: vegetable fat; antioxidant: mixed tocopherols), vitamin C (as calcium ascorbate), calcium pantothenate, methyl sulphonyl methane, anti-caking agent: magnesium stearate*; zinc citrate, pyridoxine HCl, d-biotin. *(vegetarian source)

DOES NOT CONTAIN: sugar, salt, wheat, gluten, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

This product is not tested on animals.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

NAILS & HAIR

collagen, MSM
& vitamin formula

60 capsules
FOOD SUPPLEMENT

NAILS & HAIR 60 capsules

NAH060

- ✓ Biotin and zinc contribute to maintenance of normal hair.
- ✓ Zinc contributes to the maintenance of normal nails.

DIRECTIONS: Take 4 capsules a day, or as your health professional advises. Do not exceed recommended daily intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

This bottle has a UV filter. Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.



NAH-213-07

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com