

PRODUCT INFORMATION

Four capsules typically provide:		%NRV*
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	

*NRV = Nutrient Reference Value

INGREDIENTS: Hydrolysed collagen (from fish [including catfish, tilapia and pangasius catfish]), capsule shell: gelatine; silicon dioxide, borage oil powder (coating: vegetable fat; antioxidant: mixed tocopherols), calcium ascorbate (vitamin C), 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.

HIGHER NATURE®

NAILS & HAIR

collagen, MSM
& vitamin formula

120 capsules
FOOD SUPPLEMENT

NAILS & HAIR 120 capsules

- ✓ 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.



NAH120

112

NAH-213-07

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.



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