

Nutrient-Rich Healthy Skin & Hair Plus Nails*
Healthy skin, hair and nails are important not only to appearance but as an indication of internal health as well. Taking steps to improve skin, hair and nail health can not only improve the way you look but enhance the way you feel.*

■ **Nutrients to Strengthen:** Horsetail is a nutritive plant full of important minerals, and is standardized to supply 11.2 mg silica per dose.* Biotin is an essential vitamin that improves the strength and luster of brittle nails.*

■ **Connective Tissue Support:** A special blend of vitamins and minerals provide the ingredients necessary to build and protect connective tissue.* Proline and Lysine are two key elements of collagen structure.*

■ **Free Radical Protection:** The best way to maintain healthy skin, hair and nails is to protect them from damage.* Bioflavonoids possess antioxidant qualities to protect the cells from free radicals that are created by the sun and environmental pollution.* This comprehensive formula includes Omega-3 Fatty Acids from Fish Oil and delivers targeted nutrients that allow the health of your skin, hair and nails to come shining through.*

What makes us different:

■ **Liquid Soft-Gels** - The nutrients in these easy-to-swallow Liquid Soft-Gels are released fast. Other forms of delivery can contain binders and fillers that may cause stomach upset and offer no nutritional

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



value. Advanced Liquid Soft-Gels provide an optimum delivery system.

■ **Quality Assurance** - Irwin Naturals® is committed to providing the highest quality products for your health. We employ compliance testing to ensure purity and potency.

■ **Global Responsibility** - Over the years we have donated to organizations that support the environment and the health of our children.

■ **Patented BioPerine®** - BioPerine® enhances the bioavailability, absorption and potency of many nutrients.*

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

QUESTIONS: Call Consumer Affairs 1-800-297-3273
Weekdays 8:00 AM to 5:00 PM (PST)
Questions@IrwinNaturals.com

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NUTRIENT RICH

Healthy Skin & Hair^{plus} Nails®



Promotes Vibrant Shine,
Texture & Strength*

60 LIQUID SOFT-GELS
DIETARY SUPPLEMENT

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Take two (2) Liquid Soft-Gel daily with meals and a full glass of water.

Supplement Facts

Serving Size: 2 Liquid Soft-Gels
Servings per Container: 30

	Amount per Serving	% Daily Value
Vitamin C (as Calcium Ascorbate)	200 mg	333%
Biotin	2600 mcg	867%
Zinc (as Zinc Picolinate)	10 mg	67%
Copper (as Copper Amino Acid Chelate)	1 mg	50%
Manganese (as Manganese Citrate)	5 mg	250%
Fish Oil (30% Omega-3 Fatty Acids)	1058 mg	†
Gotu Kola extract (10% triterpenic acids)(herb)	180 mg	†
Citrus (Citrus spp.) Bioflavonoids (50% bioflavonoids)(fruit)	100 mg	†
Lysine (as Lysine Hydrochloride)	80 mg	†
Proline	80 mg	†
Silica (as Horsetail (Equisetum arvense) extract (7% silica)(herb))	11.2 mg	†
BioPerine Complex BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(root)	12 mg	†

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, soy lecithin, beeswax, titanium dioxide, caramel color and red cabbage powder.

Contains: Soy, Fish (anchovy, sardine)

No preservatives added.

® BioPERINE® is a registered trademark of Sabinsa Corporation.

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
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