

SUGGESTED USE Consume one or two capsules daily or as recommended by a health care professional. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. For answers to questions about the use of this product call **800.808.7311**.



To Reorder
Call **800.944.9999**
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430 Parkson Road
Henderson, NV 89011

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604015-02H

HEALTHY HAIR SKIN & NAILS™ plus POMEGRANATE 40:40™

ULTRA-HIGH LEVELS OF BIOTIN
COMPLETE B-COMPLEX • M.S.M. • SILICON



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360 Easy-to-Swallow Capsules

Andrew Lessman's HEALTHY HAIR, SKIN AND NAILS PLUS POMEGRANATE 40:40 is a special higher potency version of our uniquely effective and comprehensive blend of nutrients for the healthiest and most beautiful Hair, Skin and Nails. These three tissues make up our Integumentary System, which is not only the largest system in our body, but also the only one that never stops growing. As a result, our hair, skin and nails possess enormous nutrient requirements, which are virtually impossible to satisfy from even the healthiest diet. Although the appearance of our hair, skin and nails does not affect our health, there is no denying that its appearance profoundly affects how we feel about ourselves.

Hair, skin and nail tissues are biochemically virtually identical, which allows this single economical formula to completely satisfy the needs of all three tissues. Experts have long recognized that the healthy growth of the specialized tissues of our hair, skin and nails requires far higher levels of Biotin than are present in even the healthiest diet or any typical multivitamin. For that reason, this special formulation provides an exceptional 4,000 mcg of this scientifically recognized beauty nutrient. This special blend also includes 200 mgs of our unique standardized extracts of Pomegranate for the added protection of this exceptional super food. We also provide high levels of Sulfur from MSM because Sulfur is essential to the structure of our hair, skin and nails and MSM is an exceptional source of organic Sulfur. We also include Silicon from natural bamboo. Healthy Hair, Skin and Nails also provides more than a dozen other nutrients to ensure that you possess all the requirements inside your body to create the most beautiful hair, skin and nails on the outside.

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.

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additive.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts

Serving Size 2 Capsules	Servings Per Container 180	
Amount Per Serving		%DV*
Vitamin A (as alpha and beta carotene)	1,000 IU	20%
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	90 mg	150%
Vitamin D ₃ (as cholecalciferol)	400 IU	100%
Vitamin B1 (as thiamin hydrochloride)	5 mg	330%
Vitamin B2 (as riboflavin)	5 mg	290%
Niacin (as niacinamide)	5 mg	25%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	250%
Folic Acid	20 mcg	5%
Vitamin B12 (as cyanocobalamin)	80 mcg	1330%
Biotin	4,000 mcg	1330%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
MSM (as methylsulfonylmethane)	600 mg	†
Pomegranate, extract (fruit) standardized to 40% punicalagins/40% ellagic acid	200 mg	†
Silicon (from silicon dioxide/ bamboo extract)	10 mg	†
Branched Chain Amino Acid Complex (leucine, valine, isoleucine)	20 mg	†
Gelatin (from gelatin capsule)	188 mg	†

* %DV are based on a 2,000 calorie diet. † DV not established.
Other Ingredients: Proprietary Protective B12 Matrix.