

SUGGESTED USE Consume one or two capsules daily or as recommended by a health care professional. This product is most effective when used in conjunction with one of **ANDREW LESSMAN'S Life Rx™** multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**



QUESTIONS? RE-ORDERS? CALL 800.800.1200
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430 Parkson Road
Henderson, NV 89011

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HEALTHY HAIR SKIN & NAILS™

ULTRA-HIGH LEVELS OF BIOTIN
SOLUBLE ORGANIC SILICON • M.S.M.



PROCAPS
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250 Easy-to-Swallow Capsules

Andrew Lessman's HEALTHY HAIR, SKIN & NAILS is a unique blend of nutrients selected to promote the growth of the healthiest hair, skin and nails possible, which comprise our body's largest organ system - the Integumentary System. Not only is the Integumentary System the largest system in our body, but it is also the only system where tissues never stop growing. As a result, the Integumentary System has enormous nutrient requirements, which are virtually impossible to meet from even the healthiest diet. The appearance of our hair, skin and nails may not directly affect our health, but their appearance does affect how we feel every single day, since our appearance to others determines how we see and how we feel about ourselves.

The chemical structure of hair, skin and nail tissues is virtually identical, and one comprehensive formula is all you need to promote the health of all three tissues. The production of the specialized proteins that make up our hair, skin and nails requires high levels of Biotin and we now provide an exceptional 3,200 mcg of this essential B-vitamin, a nutrient generally neglected or provided only in minute levels (30 mcg) in typical multivitamins. Biotin has long been the first choice of experts when hair, skin or nail tissues require nutritional support and we include exceptionally high levels shown to actively support the health of these tissues. We also provide generous levels of Sulfur from Methylsulfonylmethane (MSM) because Sulfur is essential to the structure of all these tissues and MSM is an exceptional source of organic sulfur. We also include Silicon from **SOS (Soluble Organic Silicon)** to help overcome Silicon's limited solubility and better support its role in the structure of healthy hair, skin and nail tissue. We also provide more than a dozen other ingredients to ensure that your body has all it requires for the healthiest hair, skin and nails. The way we feel about ourselves relates to our appearance and our **Healthy Hair, Skin and Nails** formula gives comprehensive attention where it makes the greatest difference - inside the body where hair, skin and nails begin.

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.

Supplement Facts

Serving Size 2 Capsules	Servings Per Container 125	
Amount Per Serving	%DV*	
Vitamin A (as alpha and beta carotene)	1,000 IU	20%
Vitamin C (as calcium ascorbate/ascorbic acid)	90 mg	150%
Vitamin D ₃ (as cholecalciferol)	200 IU	50%
Vitamin B1 (as thiamin hydrochloride)	5 mg	333%
Vitamin B2 (as riboflavin)	5 mg	294%
Niacin (as niacinamide)	5 mg	25%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	250%
Folic Acid	20 mcg	5%
Vitamin B12 (as cyanocobalamin)	40 mcg	667%
Biotin	3,200 mcg	1067%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Calcium (as calcium ascorbate)	10 mg	1%
MSM (as methylsulfonylmethane)	800 mg	†
Silicon (from silicon dioxide, Soluble Organic Silicon-SOS)	10 mg	†
Branched Chain Amino Acid Complex (Leucine, Valine, Isoleucine)	20 mg	†
Gelatin (from gelatin capsule)	188 mg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
 † Daily Value not established.

Other Ingredients: None.

NO ADDITIVES.