

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.**

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Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
Andrew Lessman
Founder of ProCAPS LABS

**THIS PRODUCT IS
ONLY AVAILABLE FROM**



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HEALTHY HAIR SKIN & NAILS™

3,200 MCG BIOTIN
COMPLETE B-COMPLEX • MSM • SILICON



500 Easy-to-Swallow Capsules

Andrew Lessman's HEALTHY HAIR, SKIN AND NAILS is a uniquely comprehensive blend of nutrients to promote the healthiest appearance and growth of our 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, it has 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 their appearance profoundly affects how we feel.

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 formula provides an exceptional 3,200 mcg of this scientifically recognized beauty nutrient. We also provide generous 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 additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts

Serving Size 2 Capsules	Servings Per Container 250	
Amount Per Serving		%DV*
Vitamin A (as natural alpha and beta carotene)	1,000 IU	20%
Vitamin C (as calcium ascorbate/ ascorbyl palmitate)	90 mg	150%
Vitamin D3 (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	1,067%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
MSM (as methylsulfonylmethane)	800 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	†

* Percent Daily Value (%DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Proprietary Protective B12 Matrix.