

**Natural Beauty: More Than Just Skin Deep!**  
Even the finest shampoo and conditioner won't fix hair that's starving for nutrients; and expensive nail polish will only hide dull, brittle nails. That's because long, radiant hair and strong, healthy nails start from within. Longer Stronger Hair & Nails<sup>™</sup> is a nutrient-rich complex that can help you achieve a naturally vibrant & healthy-looking appearance.\*

**Revitalizing Nutrient-Rich Formula\***  
A unique blend of vitamins, minerals and botanicals to nourish the body and support the production of healthy hair, skin & nails.\*

**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 an ingredient known to the State of California to cause birth defects or other reproductive harm.

\*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.

**3x BIOTIN!**




**LONGER STRONGER HAIR & NAILS**

**Biotin • Silica • Collagen**

DIETARY SUPPLEMENT • 60 LIQUID SOFT-GELS

**Longer Stronger Hair & Nails<sup>™</sup>**  
DIRECTIONS: (Adult) Take two (2) Liquid Soft-Gels daily.

**Supplement Facts**

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

	Amount per Serving	% Daily Value
Vitamin A (as Vitamin A Palmitate)	7500 IU	150%
Vitamin C (As Ascorbic Acid)	100 mg	167%
Biotin	2500 mcg	833%
Calcium (as Calcium Carbonate)	20 mg	2%
Zinc (as Zinc Citrate)	15 mg	100%
Copper (as Copper Amino Acid Chelate)	2 mg	100%
Horsetail (Equisetum arvense) extract (7% silica/aerial)	200 mg	†
Gotu Kola extract (10% triterpenic acids/herb)	120 mg	†
Hydrolyzed Collagen	60 mg	†
PABA (para-Aminobenzoic Acid)	30 mg	†
<b>Antioxidant Bioflavonoid Complex</b>	80 mg	†
Citrus (Citrus spp) Bioflavonoids powder (fruit),		
Acai (Euterpe oleracea) extract (4:1)(fruit),		
Cranberry (Vaccinium macrocarpon) powder (fruit),		
Pomegranate extract (4:1)(fruit)		

†Daily Value not established.

Other Ingredients: Soybean oil, gelatin, purified water, glycerin, beeswax, soy lecithin, titanium dioxide, silicon dioxide, caramel color, red cabbage powder and maltodextrin.

Contains: Soy

[www.AppliedNutrition.com](http://www.AppliedNutrition.com)

DISTRIBUTED, FORMULATED AND QUALITY TESTED BY: Applied Nutrition<sup>™</sup>, P.O. Box 66457, Los Angeles, CA 90066

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**Revitalizing Nutrient-Rich Formula\***



A unique blend of vitamins, minerals and botanicals to nourish the body and support the production of healthy hair, skin & nails.\*

**Biotin** - enhances the strength and luster of hair, brittle nails.\*

**Collagen** - a building block for connective tissue.\*

**Horsetail extract** - supplies a wide spectrum of minerals – including a full 14 mg of Silica for structural support of hair and nails.\*

**Vitamins A & C** - provide antioxidant activity to help maintain cell integrity.\*

**Zinc, Copper & Calcium** - deliver nutritive support for the body.\*

**Liquid Soft-Gels** - an advanced nutrient delivery system.\*

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**Biotin • Silica • Collagen**

DIETARY SUPPLEMENT • 60 LIQUID SOFT-GELS



- Advanced strength & protection\*
- Nutrient-rich formula for radiant texture & vibrant shine, plus **Horsetail**\*

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**Combat the Signs of Aging\***

Over time, the cumulative effects from sun exposure, environmental pollution, dehydration and poor dietary choices can wreak havoc on the body and its overall appearance. Taking proactive measures with Longer Stronger Hair & Nails<sup>™</sup> to counter these damaging effects can not only improve the way you look, but also enhance the way you feel! It's never too late to restore that youthful vitality!



Applied Nutrition<sup>™</sup> is committed to developing science-based products that exceed the highest standards for quality and purity. As a leader in innovation, we continuously strive to bring forward new ideas and groundbreaking formulas that enhance health and well-being.

To view our entire line of products, please visit us online at:

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Experience the Radiance,  
Shine and Strength Your Hair and Nails Deserve  
with our Superior Nutrient-Rich Formula!



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