

**Doctor's Best Hair, Skin and Nails** formula helps support beauty from within by providing a combination of essential vitamins and minerals, plus a specific beauty blend. This potent combination helps promote healthy skin.\*

This vegan beauty blend combines vegan Hyaluronic Acid and natural Astaxanthin to help enhance skin moisture and elasticity. Bamboo silica helps maintain the strength and elasticity of hair.\*

A higher dose of Biotin provides the building blocks that nourish healthy hair, skin and nails from within. Vitamin C helps promote collagen production, the basis for healthy skin. Vitamin E is an antioxidant essential to overall skin health.\*

**Contains 6,000 mcg of Biotin to help support the overall health of hair, skin and nails\***

**Contains Vitamin C, to help support collagen production\***

**Formulated with vegan Hyaluronic Acid to help support healthy skin\***

**6mg of natural Astaxanthin help enhance skin elasticity and decrease visible signs of aging\***

**Bamboo silica helps maintain hair strength and elasticity\***

\*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.



YDRB452



**Dietary  
Supplement**

**Doctor's  
BEST®**

**Science-Based  
Nutrition™**

# Hair, Skin and Nails

**HELPS SUPPORT HEALTHY HAIR,  
SKIN AND NAILS\***



**120 Veggie Caps**

## Supplement Facts

Serving Size 2 veggie capsules      Servings per container 60 servings

| Amount per serving                                        | % Daily Value  | Amount per serving                                                      | % Daily Value |
|-----------------------------------------------------------|----------------|-------------------------------------------------------------------------|---------------|
| Vitamin A<br>(as retinyl palmitate)                       | 1000 IU 20%    | Phosphorus<br>(from tricalcium phosphate)                               | 21 mg 2%      |
| Vitamin C<br>(as ascorbic acid)                           | 300 mg 500%    | Zinc (from zinc citrate)                                                | 12 mg 80%     |
| Vitamin E<br>(as d-alpha tocopherol)                      | 60 IU 200%     | Inositol                                                                | 50 mg †       |
| Vitamin B3<br>(as niacinamide)                            | 25 mg 125%     | Beauty Blend                                                            |               |
| Vitamin B6<br>(from pyridoxine HCl)                       | 25 mg 1250%    | Silica<br>(from bamboo stem and exudate extract)                        | 40 mg †       |
| Biotin                                                    | 6000 mcg 2000% | Hyaluronic Acid<br>(as sodium hyaluronate)                              | 30 mg †       |
| Pantothenic Acid<br>(from calcium d-pantothenate)         | 50 mg 500%     | Astaxanthin<br>(extract from <i>Haematococcus pluvialis</i> microalgae) | 6 mg †        |
| Calcium (from tricalcium phosphate, calcium pantothenate) | 47 mg 5%       |                                                                         |               |

† Daily Value not established.

**Other Ingredients:** Modified cellulose (vegetarian capsule), microcrystalline cellulose, anthocyanin extract powder, silicon dioxide, magnesium stearate (vegetable source).

**Suggested Adult Use:** Take 2 capsules daily, with or without food, or as recommended by a nutritionally-informed physician.

**Non-GMO / Gluten Free / Soy Free / Vegan**

Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**

California, USA

**(800) 777-2474** [www.drbrvitamins.com](http://www.drbrvitamins.com)