

## HAIR, SKIN & NAILS

### Multi-nutrient & antioxidant complex

**INGREDIENTS:** MSM (methylsulphonylmethane), acerola cherry extract (*malpighia punicifolia*) providing vitamin C, vitamin B5 (as calcium d-pantothenate), bilberry extract (*vaccinium uliginosum*) providing 25 % anthocyanidins, 1-3, 1-6 beta glucan (from *saccharomyces cerevisiae*), cocoa extract (providing flavanols), tomato extract (*lycopersicon esculentum*) providing lycopene, maritime pine bark extract (*pinus pinaster*) providing 95% proanthocyanidins, horsetail extract (*equisetum arvense*) providing silica, astaxanthin (*haematococcus pluvialis*), ascorbyl palmitate, beta-carotene (from *daucus carota*), zinc (as citrate), silicon dioxide, selenium (as seleno L-methionine), marigold extract (*tagetes erecta*) providing lutein, kelp extract (*laminaria japonica*) providing iodine, copper (as citrate), biotin, maltodextrin, corn starch, d-alpha tocopherol, dicalcium phosphate, hydroxypropyl methylcellulose (capsule shell).

**RECOMMENDED ADULT INTAKE:** 1 capsule daily with food as a food supplement or as directed by a medical practitioner. Do not exceed the recommended daily intake. This product should not be used as a substitute for a varied, balanced diet and lifestyle. **This product is not suitable for children or women who are pregnant or breastfeeding. If you are taking any medication please check with your doctor or practitioner before taking this product.**

- Keep out of sight & reach of children
- Do not use if seal is missing or broken
- Suitable for vegans & vegetarians
- **BEST BEFORE DATE:** see base of container
- Store in a cool, dry place

**PRODUCT CODE: P645**

# Nature's Own

## Healthy Goodness

### NUTRITIONAL SUPPORT

# HAIR, SKIN & NAILS

Multi-nutrient & antioxidant complex

FOOD SUPPLEMENT



60 VEGAN CAPSULES

PRODUCT INFORMATION: 60 CAPSULES = 60 DAYS SUPPLY

One capsule will provide on average:

Average Values:	%NRV
Beta-carotene	2.5mg *
Pantothenic acid	50mg 833
Biotin	100µg 200
Vitamin C	17mg 21
Copper	0.1mg 10
Iodine	9µg 6
Zinc	2.5 mg 25
Selenium	25µg 45
Silica	1.4mg *
MSM	250mg *
1-3, 1-6 beta glucan	25mg *
Maritime pine bark extract	25mg *
(providing proanthocyanidins)	24mg *
Bilberry extract	60mg *
(providing anthocyanidins)	15mg *
Cocoa extract	25mg *
(providing flavanols)	7.5mg *
Lycopene	2.5mg *
Lutein	2.5mg *
Astaxanthin	0.25mg *

NRV = Nutrient Reference Value

\*Indicates no NRV

We guarantee this product  
FREE FROM: GMO, WHEAT,  
SOY, DAIRY, ADDED SUGAR,  
FLAVOURINGS & COLOURINGS

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