



HAIR, SKIN & NAILS

WITH ZINC, BIOTIN & MARINE COLLAGEN FOR THE MAINTENANCE OF NORMAL HAIR, SKIN & NAILS

—
YOUTHFUL APPEARANCE

—
BEAUTY WITHIN

FOOD SUPPLEMENT

48g | 60 Capsules | 30 Servings

DESCRIPTION

Hair, Skin & Nails capsules support your natural beauty regime. This product provides key nutrients for healthy hair, skin and nails including zinc, vitamins C & E, biotin and collagen. Zinc contributes to the maintenance of normal hair, skin and nails. Look good and feel great.

KEY BENEFITS

- Support your natural beauty regime
- With zinc, biotin & marine collagen
- Plant based veggie shell well suited for consumers with dietary, religious or cultural restrictions
- Halal certified product

SUGGESTED USE

Take 1 serving (2 capsules) daily with food.

NUTRITIONAL INFORMATION

Serving Size: 2 Capsules - **Servings Per Container:** 30

	Per Serving	*RI%
Vitamin E	15 mg a-TE	125%
Vitamin C	80 mg	100%
Vitamin D3	0.075 (75 µg 3000 IU)	1500%
Thiamine	1.2 mg	110%
Riboflavin	1.4 mg	100%
Niacin	16 mg	100%
Vitamin B6	2.1 mg	150%
Folic Acid	200 µg	100%
Vitamin B12	4.5 µg	180%
Biotin	10,000 µg	20000%
Pantothenic Acid	7.5 mg	125%
Copper Bisglycinate	1.0 mg	100%
Calcium Carbonate	200 mg	25%
Magnesium Oxide	200 mg	54%
Zinc	12 mg	120%
Ashwagandha Root Extract (7% Withanolides)	200 mg	
Alpha Lipoic Acid	10 mg	
L-Cysteine HCl	200 mg	
Grape Seed Extract	30 mg	
Hydrolysed Collagen (Marine)	200 mg	
Hyaluronic Acid	30 mg	

*Reference intake of an average adult (8400 kJ/2000 kcal).

INGREDIENTS

Calcium Carbonate, Magnesium Oxide, Ashwagandha Root Extract (Whole Plant) (8:1 Extract) (7% Withanolides), L-Cysteine HCl, Hydrolysed Marine Collagen (**Fish**), Vitamin C, Zinc (Zinc Bisglycinate), Grape Seed Extract, Hyaluronic Acid, Niacin (Nicotinamide), Vitamin E (DL-Alpha Tocopherol Acetate) (**Soy**), Alpha Lipoic Acid, Pantothenic Acid (D-Pantothenate, Calcium), Copper (Copper Bisglycinate), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamine Mononitrate), Biotin (D-Biotin), Folic Acid (Pteroylmonoglutamic Acid), Vitamin D3 (Cholecalciferol), Vitamin B12 (Cyanocobalamin), Bulking Agent (Microcrystalline Cellulose), Anti-Caking Agents (Silicon Dioxide, Magnesium Stearate), Capsule Shell (Hydroxypropyl Methylcellulose).

ALLERGENS: For allergens, see ingredients listed in **Bold**.

CAUTION

Check with a qualified health professional before using this product if you are under the age of 18, pregnant or nursing a baby or if you have any known or suspected medical condition(s) and or are taking any prescription or OTC medication(s). Not to be used as a substitute for a varied diet and healthy lifestyle. Store this product in a cool dry place, away from children. Do not exceed suggested use.

