



# Hair, Skin & Nails

Indicated for Hair, Skin & Nail Support

## Biotin (1,000 ug)

Biotin promotes skin, hair, and nail health by supporting metabolism and healthy cells. Also known as Vitamin B7, Vitamin H, or coenzyme R.

## Vitamin E (30 IU)

Vitamin E is a valuable antioxidant which helps to keep damaging free radicals in check while reducing the signs of aging. It also helps to increase circulation, improving blood flow through hair and nail-growth structures.

## Folate (100 ug)

Folate is an important nutrient required for cell development and the growth of tissues. In addition to its well known role in reducing birth defects, it supports firm skin and the growth of hair and nails while reducing the signs of aging. Also known as Vitamin B9.

## Suggested Use

Take 1-2 capsules up to 3 times daily, or as directed.

## Proprietary Blend of Organic Herbs



### Kelp (*Ascophyllum*)

Kelp is packed with polysaccharides, vitamins, and minerals which promote hair and nail growth while supporting skin health and healing.



### Horsetail Herb (*Equisetum arvense*)

Horsetail contains silica which supports the growth of hair, nails, and bones. It also has antioxidant and anti-inflammatory properties for younger looking skin. (Our horsetail is thiaminase free for safety.)



### Rosehip Friut (*Rosa*)

Rosehips are rich in essential fatty acids and valuable phytonutrients such as carotenoids which support the health of skin and hair while reducing the signs of aging.



### Pumpkin Seed (*Cucurbita*)

Pumpkin seeds are rich in essential fatty acids, trace minerals, & valuable phytonutrients which support the health of skin & hair while reducing the signs of aging.



### Milk Thistle (*Silybum*)

Milk thistle's detoxifying, antioxidant & anti-inflammatory properties help promote healthy skin and hair.



### Calendula Flower

Milk thistle's detoxifying, antioxidant, & anti-inflammatory properties help promote healthy skin and hair.



### Pansy Leaf & Flower (*Viola*)

Pansy is anti-inflammatory, anti-allergic, and an effective skin drainer. It helps promote healthy skin while soothing all types of skin complaints.

The ingredients in this product are supplied by well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.