

# Skin, Hair & Nails®

**Supplement that supports lustrous hair, strong nails and vibrant skin**

## Skin, Hair and Nail Health

The changes which occur with ageing, as well as an inadequate diet, stress, hair styling and lifestyle can all have an impact on hair growth and the condition of our skin, hair and nails.



### RECOMMENDED DOSAGE

Take 1 to 2 tablets daily, as advised by your health practitioner.

### GOOD FOOD SOURCES OF

#### COPPER

- Liver
- Beef
- Oysters
- Spirulina
- Shiitake Mushrooms
- Nuts & Seeds
- Lobster

### BEFORE YOU TAKE SKIN, HAIR & NAILS®

**Do not take SKIN, HAIR & NAILS®:**  
If you are hypersensitive (allergic) to any of the ingredients.

### REFERENCES

- <https://nutritiondata.self.com/facts/lamb-veal-and-game-products/4673/2>
- <https://nutritiondata.self.com/facts/finfish-and-shellfish-products/4191/2>



*The nail on middle finger has fastest growth rate while the nail on thumb has slowest growth rate*

### EACH TABLET CONTAINS

Ingredient	Quantity
Collagen (Hydrolysed Gelatine)	50 mg
Methyl Sulphonyl Methane (MSM)	100 mg
Omega 3 EPA/DHA Powder	200 mg
Providing	610.010 mg
Foodstate Blend Providing	
Vitamin B2	885 µg
Vitamin B3	4.4 mg
Vitamin B6	878 µg
Vitamin B12	4.6 µg
Vitamin C	11 mg

### EACH TABLET CONTAINS

Ingredients	Quantity
Vitamin E	2 IU
Vitamin H	44 µg
Folic Acid	88 µg
β-Carotene	3666 IU
Choline	22 mg
Copper	132 µg
Selenium	22 µg
Silicon	2.6 mg
Zinc	2.2 mg

Sugar Free

**Collagen:** connective tissue that assists in the normal function of bones, blood vessels, skin, gums and teeth.

**Vitamin B2:** contributes to the protection of cells from oxidative stress caused by free radicals. Contributes to the maintenance of normal skin, tissue formation, mucous membrane and normal metabolism of iron.

**Vitamin B3:** contributes to the maintenance of normal skin, vision, tissue formation and mucous membrane.

**Vitamin B6:** contributes to normal function of the immune system, tissue formation, energy-yielding metabolism and regulation of hormonal activity.

**Vitamin B12:** contributes to normal function of the immune system, homocysteine metabolism, red blood cell formation and energy yielding metabolism.

**Vitamin C:** contributes to the protection of normal collagen formation for the normal function of skin, protects cells from oxidative stress caused by free radicals and assists in the normal function of the immune system.

**Vitamin E:** antioxidant that protects cells from oxidative stress caused by free radicals.

**Vitamin H:** contributes to the maintenance of normal hair, skin and energy-yielding metabolism.

**Folic acid:** helps to metabolise proteins and form red blood cells.

**β-Carotene:** Provitamin A contributes to maintenance of eyesight and in the development and maintenance of night vision.

• **Copper:** contributes to normal skin and hair pigmentation, immune system and maintenance of connective tissues.

• **Selenium:** antioxidant that protects cells from oxidative stress caused by free radicals. Contributes to the maintenance of normal hair, skin and thyroid function.

• **Zinc:** antioxidant that protect cells from oxidative stress caused by free radicals. Contributes to maintenance of normal immune function, skin, hair and nails.