

Hair Skin & Nails



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Nutrient Complex

Food Supplement
including vitamins,
minerals & amino acids

High Potency

60 Vegetarian Capsules

Hair Skin and Nails Nutrient Complex This all in one comprehensive blend contains hair and nail strengthening nutrients, along with important vitamins for a soft supple skin.

| Ingredients | Two (2) vegetarian capsules provide: | %ECRDA |
|---|--------------------------------------|--------|
| Vegetable Cellulose capsule..... | 250mg | |
| Vitamin C (magnesium ascorbate)..... | 100mg | 166 |
| Vitamin E (d-alpha tocopherol succinate) (121iu)..... | 100mg | 1000 |
| PABA (para aminobenzoic acid)..... | 75mg | |
| Vitamin B5 calcium pantothenate..... | 75mg | 1250 |
| Calcium (citrate)..... | 50mg | 6.25 |
| L.Cysteine..... | 50mg | |
| Horse tail (supplying natural silica)..... | 50mg | |
| L. Lysine..... | 50mg | |
| Magnesium (citrate)..... | 50mg | 16.66 |
| L.Methionine..... | 50mg | |
| L. Proline..... | 50mg | |
| Vitamin B1 thiamin HCL..... | 50mg | 20mg |
| 1428 | | |
| Vitamin B2 riboflavin..... | 20mg | 1250 |
| Vitamin B3 nicotinamide..... | 20mg | 111 |
| Vitamin B6 pyridoxine HCL..... | 20mg | 1000 |
| Natural Beta Carotene / Carotenoid mix. (from D.Salina Algae eqv. to vitamin A 2500µg providing typical analysis beta carotene 15mg alpha carotene 500µg cryptoxanthin .. 130µg zeaxanthin 100µg lutein 86µg | 15mg | |

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|------------------------------------|-------|------|
| Zinc (citrate)..... | 15mg | 100 |
| Iron (bisglycinate)..... | 10mg | 71 |
| Choline Bitartrate..... | 10mg | |
| Inositol..... | 10mg | |
| Lipoic acid..... | 5mg | |
| Boron (amino acid chelate)..... | 1mg | |
| Copper (amino acid chelate)..... | 1mg | |
| Vitamin A (acetate) 2664iu..... | 800µg | 100 |
| Biotin pure..... | 600µg | 400 |
| Folic acid..... | 400µg | 200 |
| Iodine (potassium iodine)..... | 150µg | 100 |
| Selenium (methionine)..... | 75µg | |
| Vitamin B12 (cyanocobalamin)..... | 25µg | 2500 |
| Vitamin D2 (Vegetarian) 400iu..... | 10µg | 200 |

Suitable for Vegetarians. Hypoallergenic formula 100% active ingredients.

Contains NO: gluten, wheat, lactose, dairy, added sugars, salt, preservative, colourings, yeast or starch.

Directions for use

As-a food supplement for adults, take two (2) vegetarian capsules daily with food or as directed by a healthcare professional.

Tamper resistant outer and cap seal for your added security. Do not use if either are broken. Freshness and potency assured if stored in a cool dry place.

Keep out of sight and reach of children. Not for use during pregnancy or lactation, unless directed by a healthcare professional.

Manufactured in the UK

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