

SUGGESTED USE: As a dietary supplement take four (4) capsules per day, or as directed by a health professional.

Hair & Nail Formula Benefits:

L-Cysteine forms the disulfide bonds that hold together the keratin strands within the hair which directly helps in maintaining the strength, texture, and thickness of hair.

Biotin is specifically needed for the production of keratin and has been shown in many studies to support hair growth. **Zinc, copper, and silica** are minerals often deficient that serve as catalysts for strong, healthy hair and nails.

KEEP OUT OF THE REACH OF CHILDREN, DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DISTRIBUTED BY:

Hair & Nail FORMULA

- ▶ Essential Vitamins
- ▶ Zinc, Copper, Silica
- ▶ L-Cysteine

Dietary supplement **120** capsules

SUPPLEMENT FACTS

Serving Size: 4 Capsules Servings per bottle: 30

	Amount Per Serving	%DV
Vitamin C (as Ascorbic Acid)	500 mg	556%
Thiamin (as Thiamin Hydrochloride)	100 mg	8334%
Riboflavin	20 mg	1539%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B6 (as Pyridoxal Hydrochloride)	25 mg	1471%
Vitamin B12 (as Methylcobalamin)	1,000 mcg	41667%
Biotin	12,000 mcg	40000%
Pantothenic Acid (as d-Calcium Pantothenate)	500 mg	100000%
Zinc (as Zinc Picolinate)	40 mg	364%
Copper (as Copper Sulfate)	2 mg	223%
L-Cysteine	1,000 mg	**

* % Daily Value not established

Other Ingredients: Silica, Vegetable capsule contains purified water and hypromellose. Manufactured in a facility that processes Milk, Soy, Eggs, Peanut, Sesame, Shellfish, Tree Nuts and Wheat.