

# Hair, Skin, & Nails (RF)

## DESCRIPTION

Hair, Skin, and Nails (RF) provides a complete formula of vitamins, minerals, and nutrients which have been shown to support healthy hair, skin, and nails.

## FUNCTIONS

The key to healthy skin, lustrous hair, and strong nails is to build them from the inside out utilizing key nutrients. The Hair, Skin, and Nails (RF), is designed to help support healthy hair, skin, and nails by providing the widest range of essential nutrients including vitamins, minerals, and amino acids. The body then incorporates these nutrients in a series of complex biochemical and physiological processes which result in healthier hair, skin, and nails. The true strength and quality of the hair, skin, and nails is built from inside the body out.

Hair, Skin, and Nails (RF) helps support the production of specialized proteins such as collagen, elastin, and keratin: all important structural components. Included in the formulation are vitamin C, copper, and zinc, which are all essential for the synthesis and repair of collagen: important for healthy, strong, vibrant skin. Zinc has been shown to be helpful for cell growth, repair, and function, particularly in the cells of the skin. This formulation is rich in sulfur-containing ingredients, such as MSM, L-cysteine, and methionine; all of which help contribute to the strength and stability of the underlying structure of hair, skin, nails, and other body tissue. Important in the formulation is biotin, one of the B-complex vitamins, essential for the metabolism of fatty acids, nutrients necessary for maintaining healthy hair and soft, moist skin. Hair, Skin, and Nails (RF) contains powerful antioxidants vitamins C and E and the mineral selenium, all of which help protect the skin against harmful UV light damage and other sources of oxidative or free radical damage. Finally, this formulation contains Horsetail extract, which provides silicon, an important structural component of skin, hair, and nails.

## INDICATIONS

Hair, Skin, and Nails (RF) may be a useful dietary adjunct for individuals who wish to support healthy hair, skin, and nails.

## SIDE EFFECTS

No adverse effects have been reported.

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.

## SUGGESTED USE

Adults take 3 tablets daily with meals or as directed by a healthcare professional.

## STORAGE

Store in a cool, dry place away from sunlight.

## FORMULA (WW #10312)

### 3 Tablets Contain:

Vitamin A (as palmitate).....	5,000 iu
Vitamin C (as ascorbic acid).....	60 mg
Vitamin D (as cholecalciferol).....	200 iu
Vitamin E (as d-alpha tocopheryl succinate) .....	30 iu
Vitamin B-1 (as thiamin hydrochloride) .....	25 mg
Vitamin B-2 (as riboflavin).....	25 mg
Niacin (as niacinamide) .....	20 mg
Vitamin B-6 (as pyridoxine hydrochloride) .....	25 mg
Folic acid .....	400 mcg
Vitamin B-12 (as cyanocobalamin) .....	100 mcg
Biotin .....	1,200 mcg
Pantothenic acid (as d-calcium pantothenate).....	100 mg
Calcium (as carbonate, amino acid chelate).....	300 mg
Magnesium (as oxide, amino acid chelate) .....	60 mg
Zinc (as monomethionine) .....	5 mg
Selenium (as L-selenomethionine).....	200 mcg
Copper (as amino acid chelate).....	1 mg
Manganese (as amino acid chelate) .....	5 mg
MSM (methylsulfonylmethane) .....	200 mg
Horsetail leaf extract.....	100 mg
Choline (as bitartrate) .....	25 mg
Inositol.....	25 mg
PABA (as para aminobenzoic acid).....	10 mg
Boron (as citrate, aspartate, glycinate).....	1 mg
L-Cysteine.....	300 mg
Citrus bioflavonoids.....	100 mg
Nettle leaf powder.....	100 mg
L-Methionine .....	50 mg
Trace minerals .....	50 mg

Other Ingredients: Cellulose, cellulose gum, vegetable stearin, silica, dicalcium phosphate, and magnesium stearate.

Contains soy.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, preservatives, artificial colors or flavors.