

SUGGESTED USE Consume one or two capsules daily or as recommended by your physician. **For questions about the use of this product call 800.332.7799.**

FOR OVER 40 YEARS
Unsurpassed Purity, Quality and Efficacy

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Andrew Lessman
Andrew Lessman, Founder

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HEALTHY HAIR, SKIN & NAILS™

5,000 mcg Biotin | Complete B-Complex | MSM



Dietary Supplement | **300** Easy-to-Swallow Capsules

Andrew Lessman's HEALTHY HAIR, SKIN AND NAILS is a uniquely comprehensive blend of nutrients formulated to enhance the appearance and healthy growth of our Hair, Skin and Nails. These three tissues (hair, skin and nails) make up the Integumentary System, which is not only the largest system in the body, but also the only system that never stops growing. As a result, it possesses exceptional nutrient requirements, which are not readily achieved by even the healthiest diet. Although the appearance of our hair, skin and nails does not directly affect our health, there is no denying its impact on how we feel about ourselves each and every day.

This single economical formula is designed to fulfill the unique nutritional requirements for hair, skin and nail tissues. It has long been recognized that the unrelenting growth of our hair, skin and nails demands exceptional levels of Biotin - far higher than that present in any diet or typical multivitamin. This formula provides 5,000 mcg of our high bioavailability form of this scientifically established beauty nutrient. We also provide high levels of MSM (methylsulfonylmethane), an exceptional source of organic Sulfur, because Sulfur is so critical to the unique structure of our hair, skin and nails. Because of their role in the healthy growth and structure of our hair, skin and nails, we also include more than a dozen other essential nutrients, including all the B-Complex vitamins with our methyl B12 and methyl folate. Our **Healthy Hair, Skin and Nails** effectively ensures that you possess all you require on the inside of your body to create the most beautiful hair, skin and nails on the outside.

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.

CONTAINS NO ADDITIVES OR COMMON ALLERGENS

Supplement Facts

Serving Size 2 Capsules Servings Per Container 150

Amount Per Serving		%DV*
Vitamin C (as calcium ascorbate/palmitate)	90 mg	100%
Vitamin D3 (as cholecalciferol)	5 mcg (200 IU)	25%
Vitamin B1 (as thiamin hydrochloride)	3 mg	250%
Vitamin B2 (as riboflavin)	3 mg	231%
Niacin (as niacinamide)	3 mg	19%
Pantothenic Acid (as calcium pantothenate)	3 mg	60%
Vitamin B6 (as pyridoxine hydrochloride)	3 mg	176%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	30 mcg	1,250%
Folate Complex (as L-methylfolate/folic acid)	37 mcg DFE (11 mcg folic acid)	9%
Biotin	5,000 mcg	16,667%
MSM (as methylsulfonylmethane)	500 mg	†
Silicon (from silicon dioxide/ bamboo extract)	20 mg	†
Gelatin (from gelatin capsule)	152 mg	†

* Percent Daily Value (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Proprietary Protective Methyl B12 Matrix.

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.