

## PRODUCT INFO

# HAIR SKIN NAILS NOURISHING COMPLEX

Be a more radiant, youthful looking you with support for stronger nails, softer and smoother skin, and shine-worthy hair! With essential vitamins, minerals, and plant-based nutrients, Hair Skin Nails enhances your own natural collagen and keratin production, supports healthy cell growth, and boosts your body's free radical fighting defenses. It's optimal nourishment to look your beautiful best from the inside out!

- Boosts your natural collagen and keratin production
- Supports the body's defenses against free radical damage
- Moisturizes while enhancing skin's elasticity and flexibility
- Promotes healthy cell growth, strength, and shine

(60 Tablets)



## US LABEL

### Supplement Facts

Serving Size: 2 Tablets  
Servings Per Container: 30 Servings

	Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	400 mg	667%
Vitamin E (as natural d-alpha-tocopheryl succinate)	60 IU	200%
Vitamin B6 (as pyridoxine HCl)	4 mg	200%
Biotin	5,000 mcg	1,667%
Pantothenic acid (as D-calcium pantothenate)	20 mg	200%
Zinc (as zinc citrate)	20 mg	133%
Selenium (as selenomethionine)	140 mcg	200%
Manganese (as manganese gluconate)	4 mg	200%

Alpha-Lipoic acid	50 mg	*
MSM (methylsulfonylmethane)	200 mg	*
Gotu kola extract (10% asiaticosides) (whole herb)	120 mg	*
Proprietary Blend:	400 mg	*
Grape seed extract (95% polyphenols), Fo ti ( <i>he shou wu</i> ) root, amla fruit extract, goji ( <i>Lycium barbarum</i> ) fruit extract, horsetail extract (natural silica), Japanese seaweed blend (kombu, nori and wakame), <i>Haematococcus pluvialis</i> whole algae extract (providing 50 mcg astaxanthin), olive fruit extract, and melon pulp concentrate (Extramel®).		

\*Daily value (DV) not established.

## OTHER INGREDIENTS

Calcium carbonate, microcrystalline cellulose, stearic acid, croscarmellose sodium, coating (hypromellose, macrogol, hydroxypropyl cellulose, peppermint oil, stevia leaf extract), magnesium stearate, and silica.

**Caution:** Consult your physician if you are pregnant, nursing, taking medications, or have a medical condition.

**Warning:** Keep out of reach of children. Do not use if tamper evident seal is broken or missing. Protect from heat, light, and moisture.

## SUGGESTED USE

Take two tablets daily with a meal. Drink at least 8 glasses of water daily.



# HAIR SKIN NAILS NOURISHING COMPLEX

## FREQUENTLY ASKED QUESTIONS

### What is Hair Skin Nails?

Like the name says, it's all about supporting the health, beauty, shine, and strength of your hair, skin, and nails by nourishing them from the inside out. Through essential vitamins, minerals, and natural, plant-based nutrients, Hair Skin Nails supports your body's own collagen and keratin production, cell renewal processes, and boosts your free radical fighting defenses for an even more beautiful you.

### How does it strengthen and beautify my hair, skin, and nails?

Through a beautifying blend of essential vitamins, minerals, and plant-based nutrients vital to supporting the optimum health of your hair, skin, and nails. Hair Skin Nails includes:

- Vitamins C, E, B<sub>6</sub>, and 1667% of the RDA of Biotin, a B-vitamin important for healthy hair growth, strong nails, and glowing skin.
- The minerals selenium, zinc, and manganese to protect and support your natural skin renewal and collagen production.
- A proprietary blend of plant-based nutrients known for their beautifying properties, including Japanese seaweed, grape seed extract, goji berry, and Extramel<sup>®</sup> melon pulp extract, all rich in antioxidants, enzymes, amino acids, and even more vitamins and minerals.

### So is Hair Skin Nails skin care or a supplement?

It's both! Designed to work synergistically with the It Works! Skin and Body lines, Hair Skin Nails provides optimal, beautifying nutrition from the inside while our botanically based Skin and Body lines nourish, moisturize, tighten, tone, and firm your skin on the outside!

### How should I take Hair Skin Nails?

Take two tablets daily with food. Always be sure to drink your eight glasses of water daily, as hydration is important to the health of your hair, skin, and nails.

### Can I take Hair Skin Nails if I am pregnant or nursing?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.

### Can I give Hair Skin Nails to my children?

Hair Skin Nails is designed for adult use and is not recommended for children. Always consult your pediatrician before giving any supplements to children.

