



Hair, Skin, & Nails

Support for Healthy
Hair, Skin, and Nails*

The new Hair, Skin, and Nails formula takes the same great original ingredients to a new level by providing extra-strength doses of B vitamin complex, an amino acid blend, trace minerals, and MSM that help support hair, skin, and nails.* This updated blend also contains extra support for healthy hair, skin, and nails from increased vitamins, MSM, astaxanthin, and collagen.*

The skin is the body's largest organ, often comprising upwards of 7% of a person's total body weight. Hair and nails are actually modified types of skin and have biological functions beyond just their appearance. The skin has multiple layers, each of which contains specific types of cells, such as melanocytes and keratinocytes, that require particular nutrients to keep healthy.

This revamped Hair, Skin, and Nails formula is precisely formulated to provide the nutrients that support these cells.*

How Hair, Skin, & Nails Works

The vitamins, minerals, and amino acids contained in NutriDyn Hair, Skin, and Nails play a key role in supporting the special types of cells contained in skin tissues.* Healthy skin is crucial for protecting the network of muscles, bones, nerves, blood vessels, and everything else inside our bodies.

The NutriDyn Hair, Skin, and Nails formula starts with collagen—a key ingredient that supports healthy connective tissue and epithelial tissue.*¹ The body naturally produces collagen but the levels start to decline as we age, making supplementation a prudent choice.

Arguably, the most important micronutrient for skin is a B vitamin complex. The new NutriDyn Hair, Skin, and Nails formula includes nearly 15 times more biotin than the original formula and added pantothenic acid to further provide potent antioxidant support for healthy hair, skin, and nails.*

A vitamin B complex supports both the body's health and its outward beauty by nourishing skin tissues.*² It is required for healthy metabolism, as well as a healthy nervous system and cardiovascular functions.*

NutriDyn Hair, Skin, and Nails also contains vitamins A, C, and E noted for their powerful antioxidant properties. A comprehensive blend of trace minerals along with increased doses of iodine, zinc, copper, and manganese, support healthy blood antioxidant capacity and help promote healthy skin cells.*^{3,4,5}

Many micronutrients play a role in supporting proper blood supply to the skin, as well as regulating the production of important proteins and amino acids found in skin, hair, and nails.* The new NutriDyn Hair, Skin, and Nails formula includes a potent amino acid blend. Amino acids are known to boost healthy hair growth by making keratin, the foundation of hair development, and to promote healthy red blood cells that deliver nutrients to hair follicles.*⁶

Hair, Skin, & Nails Supplementation

The ingredients in NutriDyn Hair, Skin, and Nails provide a multitude of beneficial effects, especially for nourishing cells contained in the skin and its related tissues.* These benefits may include:

- Support for vibrant, healthy skin*
- Supports strong nails*
- Promotes lustrous hair*
- Supports antioxidant capacity in the skin*



Form: 120 Capsules
Serving Size: 4 Capsules

Ingredients	Amount	%DV
Vitamin A (50% as beta carotene and as retinyl acetate)	1,650 mcg RAE	183%
Vitamin C (as calcium ascorbate)	70 mg	78%
Vitamin E (as d-alpha tocopheryl succinate)	23 mg	153%
Biotin	5,000 mcg	16,667%
Pantothenic Acid (as d-calcium-pantothenate)	100 mg	2,000%
Iodine (from kelp thallus extract)	155 mcg	103%
Zinc (as zinc bisglycinate chelate) [†]	30 mg	273%
Copper (as copper citrate)	2 mg	222%
Manganese (as manganese bisglycinate chelate) [†]	2 mg	87%
MSM (methylsulfonylmethane)	250 mg	**
Hydrolyzed Bovine Collagen	250 mg	**
45 Trace Mineral Blend	75 mg	**
Astaxanthin	3 mg	**
Silica (from horsetail extract; herb; <i>Equisetum arvense</i>)	2 mg	**
Amino Acid Blend		
Glycine	300 mg	**
L-Proline	250 mg	**
L-Lysine HCl	250 mg	**
NAC (n-acetyl l-cysteine)	250 mg	**
L-Methionine	50 mg	**

Other Ingredients:

Gelatin, microcrystalline cellulose, vegetable magnesium stearate, silica. TRAACS™ is a trademark of Balchem Corp. or Albion Labs.

Directions:

Take four capsules daily with food as a dietary supplement, or as directed by your healthcare practitioner. Do not exceed recommended dosage unless directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE DAIRY-FREE NON-GMO PRODUCED IN A cGMP FACILITY

* 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.

References:

1. Rauscher, S., Baud, S., Miao, M., Keeley, F. W., & Pomès, R. (2006). Proline and glycine control protein self-organization into elastomeric or amyloid fibrils. *Structure*, 14(11), 1667-1676.
2. Mock, D. M. (1991, December). Skin manifestations of biotin deficiency. In *Seminars in dermatology* (Vol. 10, No. 4, pp. 296-302).
3. Wolf, C., Steiner, A., & Hönigsmann, H. (1988). Do oral carotenoids protect human skin against ultraviolet erythema, psoralen phototoxicity, and ultraviolet-induced DNA damage?. *Journal of investigative dermatology*, 90(1), 55-57.
4. Offord, E. A., Gautier, J. C., Avanti, O., Scaletta, C., Runge, F., Krämer, K., & Applegate, L. A. (2002). Photoprotective potential of lycopene, β -carotene, vitamin E, vitamin C and carnosic acid in UVA-irradiated human skin fibroblasts. *Free Radical Biology and Medicine*, 32(12), 1293-1303.
5. Butawan, M., Benjamin, R., & Bloomer, R. (2017). Methylsulfonylmethane: applications and safety of a novel dietary supplement. *Nutrients*, 9(3), 290.
6. Haneke, E., & Baran, R. (2011). Micronutrients for hair and nails. *Nutrition for Healthy Skin*, 2, 149-163.