

Hair, Skin & Nails Deluxe Formula With Biotin



Hooray! Here's superior support for aging, thinning hair, skin and nails! Use along with the new Core Formula Tea for best results. "Hair Skin and Nails" is a natural blend of Vitamin B6, Folic acid, and Biotin to help strengthen nails, grow healthier hair, and give your skin a natural glow. Vitamin B6 is one of the main vitamins responsible for a variety of different functions in the body. Biotin plays a key role in the body as a main support for healthy skin, hair, and nails. The combination of the additional vitamins and herbs here are excellent for overall health! *NOTE: For those of us who are whole-food, plant-based eaters, this formula contains 500% of our required Vitamin B12!*

- Promotes hair growth
- Strengthens nails
- Aids in skin clarity
- Helps to thicken hair follicles

Dosage: 2 capsules each day.

Ingredients: Vitamin A, Vitamin C, Vitamin D, Vitamin E, Thiamine (B1), Vitamin B6, Folate, Vitamin B12, Biotin, Pantothenic Acid, Calcium, Iron, Magnesium, Zinc, Manganese, Potassium, PABA, Horsetail extract, Fo-Ti, Bamboo Extract, Stinging Nettle, Chinese Peony, Spirulina, Saw palmetto, Plant sterols, Alfalfa, Barley grass.

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV		Amount Per Serving	%DV
Vitamin A (as Beta-carotene)	120 mcg RAE	13%	Iron (as Ferrous fumarate)	14.5 mg	81%
Vitamin C (as Ascorbic acid)	120 mg	133%	Magnesium (as Magnesium Oxide)	120 mg	29%
Vitamin D (as Cholecalciferol)	20 mcg	100%	Zinc (as Zinc Oxide)	7 mg	64%
Vitamin E (as DL-Alpha tocopheryl acetate)	14 mg	93%	Manganese (as Manganese amino acid chelate)	4 mg	174%
Thiamine (B1) (as Thiamine mononitrate)	6 mg	500%	Potassium (as Potassium gluconate)	12 mg	<1%
Vitamin B6 (as Pyridoxine HCl)	8 mg	471%	Proprietary Blend:	359 mg	**
Folate (880 mcg Folic Acid)	1,467 mcg DFE	367%	PABA, Horsetail extract (<i>Equisetum arvense</i> L.) (Whole herb), Fo-Ti (<i>Polygonum multiflorum</i>) (root), Bamboo extract (<i>Phyllostachys viridis</i>) (leaf), Stinging Nettle (<i>Urtica dioica</i> L.), Chinese Peony (<i>Paeonia lactiflora</i>) (root), Spirulina (<i>Arthrospira platensis</i>) (whole plant), Saw palmetto (<i>Serenoa repens</i>) (fruit), Plant sterols (from Soy Bean) (<i>Glycine max</i>) (seed), Alfalfa (<i>Medicago sativa</i>) (herb), Barley grass (<i>Hordeum vulgare</i> L.) (aerial)		
Vitamin B12 (as Cyanocobalamin)	12 mcg	500%	** Daily Value (DV) Not Established		
Biotin	5,000 mcg	16,667%			
Pantothenic Acid (B5) (as D-Calcium pantothenate)	30 mg	600%			
Calcium (as Calcium carbonate)	80 mg	6%			

SUGGESTED USE: For adults only. Take two (2) capsules daily. Do not exceed the recommended dose.

CAUTION: Women who are pregnant or lactating and anyone taking medications should consult a health care professional before using any nutritional product. If any adverse reactions occur, discontinue use and consult a health care professional.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

IRON WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six (6). In case of accidental overdose, call a doctor or poison control center immediately.

* 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.

Lot # and Expiration Date Printed on bottom of Bottle

V190



Hair, Skin & Nails

Formulated with Biotin



- ✓ Promotes Healthy Hair Growth*
- ✓ Helps Strengthen Nails*
- ✓ Aids in Skin Clarity*
- ✓ Assists Thick Hair Follicles*

Dietary Supplement | 60 Capsules

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Servings Per Container: 30

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Other Ingredients: Cellulose (Vegetable Capsule), Rice Flour, Magnesium stearate, Silicon dioxide. **Contains:** Soy

Distributed By: My Miracle Tea LLC | www.MyMiracleTea.com

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MADE IN FDA REGISTERED FACILITY