



**Youngevity®  
Be Healthy**

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**HAIR, SKIN & NAILS™**

*Do you want strong, natural nails?  
Do you long for the shine & bounce of healthy hair?  
Do you aspire to have smooth, glowing skin?*

Nourishes and strengthens your hair, skin, and nails, beautifying from the inside out. Your hair, skin, and nails are made up of many nutrients such as vitamins, minerals, amino acids, and other compounds that the body manufactures. It takes good nutrition to keep you looking your best, and that's what this unique formula is all about. It combines a generous selection of essential vitamins with key minerals that play important roles in promoting healthy hair, skin, and nails. This product is formulated specifically to support healthy looking hair, skin, and nails by providing the nutrients your body needs to build and rejuvenate itself.



Item# 50225 - 60 Capsules



**Supplement Facts**

Serving Size: 2 Capsules

Servings Per Container: 30

Amount per Serving		% Daily Value*
Vitamin A (as retinyl acetate)	5,000 IU	100%
Vitamin C (from calcium ascorbate)	120 mg	200%
Vitamin D (as cholecalciferol)	100 IU	25%
Thiamin (as thiamine hydrochloride)	5 mg	333%
Riboflavin (as riboflavin)	5 mg	294%
Niacin (as niacinamide)	20 mg	100%
Vitamin B-6 (as pyridoxine hydrochloride)	10 mg	500%
Folate (as folic acid)	200 mcg	50%
Vitamin B-12 (as cyanocobalamin)	20 mcg	333%
Biotin	2 mg	6666%
Pantothenic Acid (from calcium pantothenate)	20 mg	200%
Methylsulfonylmethane (MSM)	700 mg	**
Proprietary Silica Complex	40 mg	**
Silica (from silicon dioxide)		
Silica (from horsetail herb extract)		
Silica (from bamboo extract)		
Silica (from magnesium trisilicate)		
Choline (from choline bitartrate)	20 mg	**
Inositol	20 mg	**
L-Methionine	20 mg	**
Para-Aminobenzoic Acid (PABA)	20 mg	**

\*% Daily Value based on a 2,000 calorie diet for adults and children over four  
\*\* Daily Value not established

Other Ingredients: Gelatin capsule (gelatin and water) and gelatin.



\* These statements have not been evaluated by the FDA. This is not intended to diagnose, treat, cure or prevent any diseases.