

PRODUCT INFO

HAIR SKIN NAILS NOURISHING COMPLEX†

60 Tablets

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†



SUPPLEMENT FACTS

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.

SUGGESTED USE

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



†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.

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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, B₆, 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[®] melon pulp extract, all rich in antioxidants, enzymes, amino acids, and even more vitamins and minerals.

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.

Is Hair Skin Nails safe for me to use if I am pregnant, nursing or have an ongoing medical condition?

Before using any new product, whether a nutritional supplement, topical cream or treatment, or any other item, you should always consult your physician to find out if it is safe for you.

Can my children use this product?

All It Works! products are recommended only for adults 18 years old or older.

