

Providing essential vitamins and minerals for healthy hair, skin, and nails. A complete supplement containing 5000 mcg Biotin, Antioxidant Vitamins C & E, Hyaluronic Acid, Collagen & Argan Oil



Hyaluronic Acid

Hyaluronic Acid can reduce hallow marks, boost nail strength, rejuvenate hair fibers, hydrate skin and reverse skin marks.¹



Biotin

- Biotin deficiency can manifest as **alopecia, brittle nails, and dermatitis**.²
- In 130 people with Telogen Effluvium, the use of biotin for three months improved hair loss by more than %50.³



Collagen

- Collagen is effective in:
 - Hair:** Induces hair thickness and follicle cell proliferation.⁴
 - Nail:** Increases nail growth and improves Brittle Nail Syndrome, with a notable reduction in the frequency of broken nails.⁵
 - Skin:** Reduces Transepidermal Water Loss, improves skin elasticity, and speeds wound healing.⁵
- A double-blind, placebo-controlled study reported a %20 reduction in eye wrinkles among 114 women aged between 45-65 years who took Hydrolyzed Collagen products daily for eight weeks.⁶



Horsetail

- Horsetail is characterized by a high concentration of silicon. Silicon is essential for collagen synthesis and hydroxylating enzyme activation, improving the strength and elasticity of the skin.^{7,8}
- Higher silicon content in the hair results in a lower rate of hair loss and increased brightness.⁸



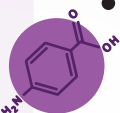
Vitamin C

Vitamin C contributes to the epidermal barrier and collagen formation in the dermis, protects against skin oxidation, counteracts skin aging, and plays a role in the signaling pathways that contribute to skin diseases.⁹



Argan Oil

- Its high levels of polyphenols, tocopherols, and polyunsaturated fatty acids make it an outstanding source of basic polyunsaturated fatty acids.¹⁰
- Argan oil moisturizes and repairs the skin, controls sebum production, and prevents skin aging.¹¹



PABA

The use of PABA can cause gray hair to produce pigment and darken.¹²

Supplement Facts

Serving Size: 1 Softgel

Serving Per Container: 60

Ingredients	Amount Per Serving	% Daily Value
Vitamin A	5000 IU	166
Vitamin C	60 mg	66
Vitamin D3	800 IU	100
Vitamin E	15 IU	89
Vitamin B1	5 mg	416
Vitamin B2	5 mg	384
Vitamin B5	15 mg	300
Vitamin B6	5 mg	294
Vitamin B12	0.008 mg	333
Niacin	25 mg	156
Folic Acid	0.2 mg	50
Biotin	5 mg	16666
Iron	3 mg	16
Zinc	15 mg	136
Selenium	0.0125 mg	22
Manganese	5 mg	217
Argan Oil	25 mg	*
PABA	10 mg	*
Choline	10 mg	2
Alpha Lipoic Acid	10 mg	*
Horsetail	3 mg	*
Hydrolyzed Collagen	50 mg	*
Hyaluronic Acid	30 mg	*

* Daily value not established

Administration:

One softgel daily with meal and a full glass of water.

References:

- 1- Al-Halaseh LK et al. A review of the cosmetic use and potentially therapeutic importance of hyaluronic acid. *Journal of Applied Pharmaceutical Science*, 2022.
- 2- DiBaise M, Tarleton SM. Hair, nails, and skin: differentiating cutaneous manifestations of micronutrient deficiency. *Nutrition in Clinical Practice*, 2019.
- 3- Sabry HH et al. Evaluation of serum level of biotin and effect of biotin replacement therapy in patients with telogen effluvium. *Benha Journal of Applied Sciences*, 2021.
- 4- Oesser S. The oral intake of specific Bioactive Collagen Peptides has a positive effect on hair thickness. *International Journal on Nutraceuticals, Functional Foods and Novel Foods*, 2020.
- 5- Papiordanou¹ F et al. Collagen and skin: from the structure to scientific evidence of oral supplementation. *Surgical & Cosmetic Dermatology*, 2022.
- 6- Proksch E et al. Oral intake of specific bioactive collagen peptides reduces skin wrinkles and increases dermal matrix synthesis. *Skin pharmacology and physiology*, 2014.
- 7- Adelman MJ et al. Clinical efficacy of popular oral hair growth supplement ingredients. *International Journal of Dermatology*, 2021.
- 8- Araújo LA et al. Use of silicon for skin and hair care: an approach of chemical forms available and efficacy. *Anais brasileiros de dermatologia*, 2016.
- 9- Michalak M et al. Bioactive compounds for skin health: A review. *Nutrients*, 2021.
- 10- Goik U et al. The properties and application of argan oil in cosmetology. *European Journal of Lipid Science and Technology*, 2019.
- 11- El Abbassi A et al. Physicochemical characteristics, nutritional properties, and health benefits of argan oil: A review. *Critical reviews in food science and nutrition*, 2014.
- 12- Yale K, et al. Medication-induced repigmentation of gray hair: a systematic review. *Skin appendage disOrderS*, 2020.

