

Category

Hair, skin and nails supplement

How to Use

One tablet daily with meal

When to Use

Preferably in the morning

Indications



Preventing and treating hair loss



Promoting skin and nails structure



Improvement of hair, skin and nails conditions due to malnutrition



Improving general health

Key Ingredients

Biotin

- Biotin is an essential vitamin that helps with the production of keratin.
- Deficiency of biotin can lead to hair loss.

Methionine & Cysteine*

* Cystine: Dimer of Cysteine

- Methionine and Cysteine are important for the synthesis of hair proteins such as keratin.
- They help to produce natural antioxidants such as glutathione.

Zinc

- Zinc helps with the production of keratin.
- It accelerates hair follicle recovery.

Vitamin D

- Most studies show an inverse relationship between serum vitamin D levels and alopecia.

Supplement Facts		
Ingredients	Amount per Serving	% Daily Value
L-Methionine	250 mg	*
L-Cystine	50 mg	*
Zinc (as oxide)	15 mg	136
Folic acid	1 mg	417
Copper (as gluconate)	1 mg	111
Selenium	0.05 mg	91
Biotin	0.25 mg	833
Vitamin D3	1000 IU	125
Vitamin B5	9 mg	180
Vitamin B6	2 mg	117
Vitamin E	8.33 IU	25

*Daily value not established.

Serving Size

1 tablet

Packaging



60 extended-release tablets per container



References

