

FUNCTIONALAB

BEAUTY NUTRITION

Hair, Skin & Nails

12 active beauty ingredients

DESCRIPTION

A synergistic combination of nutrients and extracts that supports the fortification, repair and revitalization of hair, skin and nails.*

FUNCTIONS

Hair and nails are alive as they grow just like any other tissues. Therefore, it is important to support an optimal cellular activity especially in the “roots” of both hair and nails. Hair growth takes place in the hair follicle where stem cells are continuously growing to generate specialized cells that will ultimately differentiate into a keratin shaft; this is the visible part of the hair that adds up an average of six inches annually. To some extent, this mechanism is a mimic of what happens in the case of skin renewal where proliferating cells will mature in keratin-filled cells—keratinocytes—pushing upward old cells. Despite their inert appearance, nails also originate out of living cells located in the nail root under the skin. Even if their growth rate is relatively slow—approximately 1/8 of an inch per month—the cellular activity that sustains that growth has to be metabolically supported. **Hair, Skin & Nails** provide the elements to support healthy growth of hair and nails particularly. Vitamin C is a cofactor for collagen production and it is especially important to maintain the structural integrity of the extracellular matrix (ECM) surrounding the hair follicle. The ECM structure may also be supported by a supply in dietary silicon. Vitamin A (retinol) has been shown to play an important role in the maintenance of hair follicles. **Hair, Skin & Nails** represents a combination of active and essential elements specially formulated to support healthy hair, skin and nails.

FORMULA

4 Capsules Contain:

Vitamin A.....	15,000	I.U.
Vitamin C.....	125	mg
Bioflavonoids.....	75	mg
PABA.....	75	mg
Calcium (as Calcium malate/citrate complex).....	160	mg
Magnesium (as Magnesium malate).....	110	mg
Zinc (as Zinc Krebs chelate).....	15	mg
Manganese (as Manganese Ascorbate).....	10	mg
Iron (as Ferronyl®).....	15	mg
Horsetail.....	600	mg
Lecithin.....	200	mg
Gelatin.....	150	mg

SUGGESTED USE

Adults take 4 capsules daily with meals or as directed.

SIDE EFFECTS

No adverse side effects reported

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

- Brenner S, Horwitz C. Possible nutrient mediators in psoriasis and seborrheic dermatitis. II. Nutrient mediators: essential fatty acids; vitamins A, E and D; vitamins B1, B2, B6, niacin and biotin; vitamin C seleni.U.m; zinc; iron. World Rev Nutr Diet 1988;55:165-182.
- Chan S, Gerson B, Subramaniam S. The role of copper, molybdenum, selenium, and zinc in nutrition and health. Clin Lab Med 1998;18:673-85.
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- Reid IR. The roles of calcium and vitamin D in the prevention of osteoporosis. Endocrinol Metab Clin North Am 1998;27:389-98.
- Rico H, Gallego-Lago JL, Hernandez ER, et al. Effect of silicon supplement on osteopenia induced by ovariectomy in rats. Calcif Tissue Int 2000;66:53-5.

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***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.**