

Strong Nails Beneficial for Hair and Skin Too

Orthopedic Apothecary

Why These Natural Ingredients?

Betaine HCl

Poor hair health can be related to low HCl in the stomach. **Strong Nails** supports healthy HCl levels in the stomach, enabling efficient digestion of protein and assimilation of the minerals necessary for hair and nail health.

PABA

Studies have shown that PABA deficiencies are often associated with premature graying. PABA supplementation revives adequate levels, providing support for healthy, young looking hair.

Saw Palmetto

Saw Palmetto supports the control of dihydrotestosterone (DHT), thought to be an instigator of premature hair loss.

MSM

Sulfur ranks as the third highest substance by weight in the body's chemistry besides water and gases, playing a major role in maintaining the body's overall balance of health. Important for generation of connective tissues for everything from hair to cartilage, collagen to skin, sulfur is crucial for the production of amino acids which are the building blocks of protein.

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

3 capsules contain	Amount Per Serving	% Daily Value
Vitamin A (as Palmitate)	5,000 IU	100%
Vitamin D3 (as Cholecalciferol)	50 IU	13%
Folic Acid	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	100 mcg	1667%
Biotin	500 mcg	167%
Selenium (as Amino Acid Complex)	25 mcg	36%
Methylsulfonylmethane	325 mg	*
Horsetail Grass (Aerial Portion)	250 mg	*
Saw Palmetto Fruit Extract (Standardized to contain 50% Fatty Acids)	240 mg	*
Stinging Nettles Leaf	240 mg	*
Fo-ti Root	200 mg	*
PABA USP	150 mg	*
Betaine HCl USP	100 mg	*

* % Daily Value not established

SUGGESTED USE: As a dietary supplement, 1 capsule with food three times per day or as recommended by your health care professional.