

# HAIR, SKIN, NAILS HEALTH BENEFITS



## Iodine

Contributes to the normal production of thyroid hormones and normal thyroid function.

## Vitamin B6

Contributes to the regulation of hormonal activity.

## Vitamin B12

Contributes to normal psychological function.

## Selenium

Contributes to the maintenance of normal nails.

## Vitamin B5

Pantothenic acid contributes to normal energy-yielding metabolism.

## Zinc

Contributes to the protection of cells from oxidative stress.

## Vitamin D

Contributes to the normal function of the immune system.

## Vitamin E

Is a potent antioxidant that contributes to greater hair elasticity.

## Vitamin C

Contributes to normal collagen formation for the normal function of skin.

## Folic Acid

Folate contributes to the reduction of tiredness and fatigue.

## Biotin

Contributes to the maintenance of normal hair.

## Inositol

Plays an important part in cell growth and functioning.

## Vitamin A

Contributes to the maintenance of normal skin.

## Choline

Contributes to the maintenance of normal liver function.

