

# Hair/Skin/Nails Ultra

With Metafolin® L-5-MTHF; supports skin elasticity and hydration, healthy hair, and nail strength and thickness<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Healthy hair, skin and nail support<sup>†</sup>

## BENEFITS

- Promotes the appearance of healthy hair<sup>†</sup>
- Supports the elasticity and firmness of skin<sup>†</sup>
- Provides hydration and moisture retention within the dermal matrix<sup>†</sup>
- Promotes nail strength and thickness<sup>†</sup>

## FEATURES

- With Metafolin® L-5-MTHF, the predominant, naturally occurring form of folate in food
- Contains BioCell Collagen®, a patented, hydrolyzed and denatured low molecular weight collagen

## VERIFIABLE SCIENCE

Vitamin C, zinc, copper, manganese and silica are integral cofactors for collagen and keratin synthesis, promoting skin elasticity. Optimal levels of these nutrients, as well as folate, have been associated with healthy hair, skin and nails.<sup>1,2</sup> Vitamin C supports skin resiliency and helps counter the effects of oxidative stress.<sup>3</sup> Coenzyme Q<sub>10</sub> also provides antioxidant support. Niacinamide and zinc promote immune function in the skin.<sup>4</sup> The proanthocyanidins in grape seed extract help to stabilize collagen and elastin by moderating the proteolytic enzymes collagenase and elastase.<sup>5</sup> Clinical studies indicate that biotin may help reinforce the keratin structure of the nails, promoting strength and thickness.<sup>6</sup> PABA supports the appearance of healthy hair through its effects on melanin metabolism.<sup>7</sup> BioCell Collagen® is a patented, hydrolyzed and denatured low molecular weight collagen, providing a naturally occurring matrix of hyaluronic acid (HA), chondroitin sulfate and amino acids including lysine, proline and hydroxyproline.<sup>8</sup> These structural components support the elasticity and firmness of skin.<sup>9</sup> Furthermore, HA attracts water, promoting hydration and moisture retention within the dermal matrix.<sup>10</sup> Case reports have revealed that BioCell Collagen® helped moderate the appearance of wrinkles and blemishes in the skin.<sup>11†</sup>

## SUGGESTED USE

As a dietary supplement, take 2 capsules daily, with a meal.

## STORAGE

Store in a cool, dry place.

## WARNING

Biotin may interfere with certain blood tests. Wait at least 8 hours between biotin consumption and blood testing. Inform your health professional about all biotin-containing supplements you are taking. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Vitamin C is derived from corn dextrose fermentation.
- Niacinamide, folate (as Metafolin®, L-5-MTHF), biotin.
- PABA (para-aminobenzoic acid) and glycinate are synthetic.
- Zinc, copper and manganese are derived from elemental ore.
- Citrate is derived from corn dextrose fermentation.
- Silica is derived from *Bambusa vulgaris* (bamboo) stem.
- Hydrolyzed collagen complex is derived from chicken sternal cartilage and standardized to typically provide 60% hydrolyzed collagen, 20% chondroitin sulfate and 10% hyaluronic acid.
- Grape seed extract is derived from *Vitis vinifera* and standardized to contain 92% polyphenols.
- CoQ<sub>10</sub> is obtained naturally from fermentation.
- Maltodextrin and starch are derived from corn and potato.
- Citrus bioflavonoids are derived from orange peel.
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.
- Hypo-allergenic plant fiber is derived from pine cellulose.

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## NOTES

- Size 00 caps
- Bottle count 60
- Order codes X
- Bottle size 190

## REFERENCES

1. Jin W, et al. *Guang Pu Xue Yu Guang Pu Fen Xi*. 1998 Feb;18(1):91-3.
2. Araújo LA, et al. *An Bras Dermatol*. 2016 May-Jun;91(3):331-5.
3. Abdollahzad H, et al. *Int J Vitam Nutr Res*. 2009 Sep;79(5-6):281-7.
4. Fivenson DP. *Cutis*. 2006 Jan;77(1 Suppl):5-10.
5. Maffei Facino R, et al. *Arzneimittelforschung*. 1994 May;44(5):592-601.
6. Hochman LG, et al. *Cutis*. 1993 Apr;51(4):303-5.
7. Zarafonetis CJD. *J Invest Dermatol* 1950;15; 399-401.
8. BioCell Collagen, LLC. 2014. White Paper.
9. Inoue N, et al. *J Sci Food Agric*. 2016 Sep;96(12):4077- 81.
10. Chinatsu K, et al. *Nutr J*. 2014; 13: 70.
11. Schwartz SR, et al. *Clin Interv Aging*. 2012;7:267-73.

## SUPPLEMENT FACTS

2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	250 mg
Niacin (as niacinamide)	20 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Biotin	6,000 mcg
Zinc (as zinc citrate)	30 mg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	2 mg
Silica (from bamboo)	30 mg
PABA (para-aminobenzoic acid)	150 mg
BioCell Collagen® hydrolyzed collagen complex (chicken sternal cartilage)	500 mg
Providing (typical):	
Hydrolyzed collagen 60%	300 mg
Chondroitin sulfate 20%	100 mg
Hyaluronic acid 10%	50 mg
Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	140 mg
CoQ10 (as CoQ10 and as 33% from MicroActive® CoQ10-cyclodextrin complex)	60 mg
Other ingredients: vegetarian capsule (cellulose, water), potato starch, ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

BioCell Collagen® is a registered trademark of BioCell Technology LLC, Irvine, California USA (Protected by US and International Patents).

MicroActive® is a registered trademark of BioActives, LLC.

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Hair/Skin/Nails Ultra	Quantity	Order Code
	60	HSN6

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.

<sup>†</sup>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.