

*Take care of your body from the inside out!*

# Hair, Skin & Nail Formula



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Take it for life!™

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## Hair, Skin & Nail Formula

Sun and wind damage, nutrient deficiencies, toxins, aging and plain old wear and tear can cause irreversible damage to hair, skin and nails. Hair can lose its luster, becoming dry and brittle. Skin can 'show its age' and lose its elasticity and glow. Fingernails and toenails may become thick and discoloured. Of course you can condition and moisturize your hair, skin and nails from the outside, but providing nutritional support from the inside is just as important. Holista® Hair, Skin & Nail Formula combines key nutrient support for healthy, beautiful hair, skin and nails. It contains:

- **Keratin** - a fibrous protein found in the skin's outer layer. Keratin is a building block of hair and nails. Supplemental



keratin promotes growth of skin cells and protects skin from environmental damage.

- **L-cysteine** - an amino acid component of hair, skin and nails, and of keratin. L-cysteine supports stronger, healthier hair and nails, and firmer, younger-looking skin. It stabilizes protein structure and helps the body form collagen.
- **Hyaluronic acid** - a major skin component involved in tissue repair. It helps lubricate and repair distressed or sun-exposed skin. Aging, exposure to toxins and the sun's rays, can decrease production of Hyaluronic acid in the skin; Hair, Skin and Nail formula puts it back.

- **Antioxidants** - such as lycopene, lutein, vitamin E, beta carotene, and selenium protect cell membranes from free radical and UV damage.
- **Brewer's Yeast** - an excellent source of amino acids, minerals and vitamins and one of nature's best sources of the B-complex vitamins thiamin, riboflavin, niacin, B6, pantothenic acid, biotin and folic acid. B Vitamins are essential for healthy hair and skin.
- Hair, Skin and Nail Formula from holista is nutrient support for health and beauty from the inside out.