



Skin, Hair, & Nails Capsules

THOMPSON'S | TMSHN10

ALWAYS READ THE LABEL. FOLLOW THE DIRECTIONS FOR USE. For product specific label WARNINGS please refer to product section below.

BENEFITS

Supports collagen formation, skin & hair health and reduces nail brittleness.

SUITABLE FOR

- Individuals who seek a supplement to maintain the health of their hair
- Individuals who suffer from or prone to brittle nails
- Those who seek a supplement to support their skin, hair and nail health
- Those who seek a supplement to maintain healthy skin
- Individuals who seek a supplement to protect cells against free radical damage

DIRECTIONS FOR USE

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- Adults- Take two capsules daily (with food), or as professionally prescribed.
- Storage: Store below 30°C in a dry place

WARNINGS

Vitamin supplements should not replace a balanced diet. The recommended daily amount of Vitamin A from all sources is 700mcg retinol equivalents for women and 900mcg retinol equivalents for men. This product contains Selenium which is toxic in high doses. A daily dose of 150mcg for adults of Selenium from dietary supplements should not be exceeded. Contains: sulfites and traces of pollen.

NO ADDED

- Gluten, lactose, nuts, shellfish, sugar, dairy, egg, sesame seeds. No artificial flavours.

PACK SIZES

- TMSHN10 - 90 Capsules

ACTIVE INGREDIENTS

Each capsule contains:

Biotin	1.25mg
Cholecalciferol	10mcg
equiv. Vitamin D3	400IU
Colloidal anhydrous silica	30mg
Concentrated fish Omega 3 triglycerides	60mg
d-alpha-Tocopherol	20mg
equiv. Natural Vitamin E	30IU
Demineralised Fish Proteoglycan extract	125mg
Evening Primrose Oil	200mg
equiv. Gamma-linolenic Acid	20mg
Pyridoxine Hydrochloride (Vitamin B6)	10mg
equiv. Pyridoxine	8.23mg
Retinyl Palmitate (Vitamin A)	1.4mg
equiv. Retinol	750mcg RE
Selenomethionine	124mcg
equiv. Selenium	50mcg
Sodium Ascorbate	33.75mg
equiv. Ascorbic Acid	30mg
Zinc amino acid chelate	37.5mg
equiv. Zinc	7.5mg