



Helps maintain hair, skin and nail health. With dong quai used as a blood tonic to enhance hair and nail health in traditional Chinese medicine.

KEY BENEFITS

Contains nutrients to support:

- ✓ Strong, healthy hair and nails
- ✓ Collagen formation
- ✓ Skin health and repair

With dong quai, a blood tonic that improves skin and hair health and strengthens the nails, based on its traditional use in Chinese medicine (TCM).

PRODUCT FEATURES

- ✓ New, updated formula
- ✓ With the traditional Chinese herb dong quai
- ✓ Contains zinc glycinate, an organic form of zinc with higher bioavailability compared to some other forms of zinc

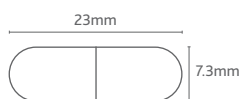
Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly talk to your health professional.

ACTIVE INGREDIENTS

Each tablet contains herbal extracts:

Dong quai (*Angelica polymorpha*) root 150mg, dry equiv. 2.25g; *Dunaliella salina* cell 33.33mg, fresh equiv. 62.49mg, equiv. carotenoids, calculated as betacarotene 2.5mg. Plus: Silicon (as colloidal anhydrous silica) 75mg; Ascorbic acid (vitamin C) 125mg; Calcium pantothenate 109.18mg, equiv. pantothenic acid (vitamin B5) 100mg, equiv. calcium 9.17mg; Zinc (as zinc glycinate) 15mg; Pyridoxine hydrochloride 30.39mg, equiv. pyridoxine (vitamin B6) 25mg; Inositol 50mg; d-Alpha-tocopheryl acid succinate 41.33mg, equiv. vitamin E 50IU; Lycopene 2.5mg; Riboflavin (vitamin B2) 25mg; Manganese (as manganese (II) glycinate) 2.5mg; Selenium (as selenomethionine) 50 micrograms; Iodine (as potassium iodide) 50 micrograms; Biotin 2.5mg; Copper (as cupric sulfate pentahydrate) 50 micrograms

Made in Australia. NO ADDED artificial colours, flavours, sweeteners or preservatives, yeast, gluten, wheat, nuts or dairy. Contains soya bean products.



DOSAGE

Adult: Take 1 tablet once or twice daily

CAUTIONS/CONTRAINDICATIONS

- Not recommended during pregnancy and breastfeeding.
- Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible. Contains vitamin B6.

BACKGROUND INFORMATION

WHAT HAPPENS TO CONNECTIVE TISSUE AND SKIN WITH AGE?

Connective tissue binds together, supports and strengthens other body tissues and protects and insulates internal organs.

Our skin is rich in connective tissue, particularly the dermis – the deeper second layer of our skin. This connective tissue contains collagen and elastin fibres. Collagen fibres are very strong and resist pulling forces, whilst still being flexible. Most age-related changes occur in the dermis as the collagen fibres begin to decrease in number, stiffen, break apart and disorganise into a shapeless, matted tangle. As a result, the skin forms characteristic crevices and furrows known as wrinkles.

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HERBS AND NUTRIENTS FOR HAIR, SKIN AND NAIL SUPPORT



Dong quai is traditionally used in TCM as a blood tonic to enhance nail and hair health, nourish blood and promote skin health.

Low dietary levels of some nutrients may contribute to poor condition of the hair, skin and nails. In addition to the herb dong quai, Hair Skin & Nails provides additional nutrients required to help maintain the health of hair, skin and nails.

Biotin supports hair health, maintains nail strength and thickness and supports skin health.

Zinc supports healthy hair, skin health, wound healing and nail strength.

Vitamin C and zinc support the formation of collagen.

Vitamin C and vitamin E help reduce free radicals formed in the body.

COMPANION PRODUCTS



Hair Tonic - Contains herbs used to help relieve mild hair loss and thinning hair in TCM.



Skin Tonic - With Japanese catnip used to relieve symptoms of mild eczema and skin hives in TCM.