

HAIR AND NAILS 60 cps

Food supplement

HAIR AND NAILS it is a food supplement made with vitamins and minerals, enriched with bamboo extract and biotin, beneficial in cases of deficiency or increased need for these elements. It contains high-dose Biotin, essential for hair health, combined with Zinc, Bamboo extract, and Selenium, which also promote nail health.

Ingredients:

Bamboo (Bambusa spp., young stem) dry extract standardized to 70% silica, MSM (methylsulfonylmethane), L-Ascorbic Acid (Vitamin C), L-Cysteine, Microencapsulated Ferrous Pyrophosphate (corn starch, ferrous pyrophosphate, sunflower lecithin, glycine, zinc), Microencapsulated Zinc Oxide (emulsifier: mono- and diglycerides of fatty acids, zinc oxide), Nicotinamide (niacin), Copper Gluconate, D-alpha-tocopheryl acetate (Vitamin E), Calcium D-pantothenate (pantothenic acid), Coating agent: hydroxypropylmethylcellulose, Selenium Methionine, Thiamine Hydrochloride (Vitamin B1), Anti-caking agents: magnesium salts of fatty acids, silicon dioxide. Biotin, Folic Acid (pteroylmonoglutamic acid).

Dosage and Instructions for Use:

1 capsule per day, preferably in the morning.

Average Contents	per Daily Dose (1 capsule)
Bamboo dry extract 70% Silica	100 mg
of which Silica	70 mg
Biotin	450 mcg (900% VNR)
Zinc	5 mg (50% VNR)
Iron	7 mg (50% VNR)
MSM (Methylsulfonylmethane)	70 mg
Vitamin E	12 mg (100% VNR*)
Selenium	55 µg (100% VNR*)
Folic Acid	200 µg (100% VNR*)
Copper	2 mg (200% VNR*)
Niacin (Vitamin B3)	16 mg (100% VNR*)
Pantothenic Acid (vitamin B5)	6 mg (100% VNR*)
Thiamine (Vitamin B1)	1,1 mg (100% VNR*)
L-Cysteina	80 mg

NRV: Nutrient Reference Value **per day (adults)** according to EU Regulation No. 1169/2011

Warnings:

Store at a temperature not exceeding 25° C, avoiding exposure to heat sources and direct sunlight. The expiration date refers to the product in its unopened packaging and properly stored. Keep out of reach of children under three years of age. Food supplements should not be considered a substitute for a varied, balanced diet and a healthy lifestyle. Do not exceed the recommended daily dose. Store in a cool, dry place, away from direct sunlight and heat sources.



Storage Instructions:

Keep tightly closed in a cool, dry place, away from direct sunlight and heat sources.

The minimum storage term (or the expiration date or the use-by date) refers to the product when properly stored in its unopened packaging.

Content

60 capsules of 600 mg -
36 g

Production Batch n.

Best Before:

Preferably consume by the end of (mm/yyyy) or by (dd/mm/yyyy):

Manufactured by:

H.P.I. srl at the facility located at Via Scozia, 8 – 64026 Roseto degli Abruzzi (TE),
on behalf of **Lumen Vitae s.r.l., Via Monte Bianchello 34, 01036 Nepi (VT), Italy.**

Environmental Labeling**Check your local regulations**

- **Box:** C/PAP 81 - Paper Collection
- **Pill Bottle:** PET 1 - Plastic Collection
- **Cap:** PP5 - Plastic Collection



LUMEN VITAE Srl

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