

(U.S. product)

Article No. 02270 (30-day supply)

Healthy skin, hair and nails contribute much to a person's appearance and total well-being, and proper nutrition is essential to their good health. 30 caplets; one per day.



- **Vitamin C:** Necessary for the formation of keratin, the primary protein that makes up hair and nails. Also increases the absorption of iron, without which nails can become weak, pale or spoon-shaped. In skin, vitamin C promotes the proper formation of the protein, collagen.*
- **Biotin:** A B-complex vitamin. Symptoms of a biotin deficiency include progressive hair loss.
- **Pantothenic Acid:** Another B-complex vitamin; necessary for the production of natural oils that give sheen to hair.*
- **Zinc:** Required for synthesis of proteins and genetic materials for skin, hair and nails. Also functions in the maintenance of the oil-secreting glands attached to the hair follicle.* White flecks on the nails may indicate a zinc deficiency. Watkins uses the highly bioavailable, patented OptiZinc® brand of zinc.
- **Copper:** Needed for the synthesis of hair phospholipids and skin collagen, as well as the formation of red blood cells and the maintenance of an adequate supply of blood to the hair shaft.* Involved with the formation and maintenance of hair pigments.* Chelazome® copper is organically bonded to the amino acid glycine by a patented process to ensure bioavailability.
- **Choline:** The active principle of lecithin; used in the liver to assist in the transportation and metabolism of fats.* Also provides phosphatides, which are a key component of healthy cell membranes.
- **Inositol:** Found in rice; another component of the protective cell membrane.
- **Evening Primrose Oil:** Some researchers and clinicians have reported improvements in nail quality after supplementation.* Has been used experimentally in the treatment of eczema and other skin disorders.*
- **Marine Lipid Concentrate:** A source of Omega-3 fatty acids, which are necessary for the body's production of biochemicals, helping to maintain the health of skin, hair and nails.*
- **Glucosamine Hydrochloride:** A natural food compound converted in the body to hyaluronic acid, the skin's own moisturizer, which allows skin cells to be hydrated as they are formed.*
- **Organic Sulfur:** Skin, hair and nails have the largest sulfur requirement of any of the body's tissues. Sulfur is necessary for strength and elasticity. Watkins uses the patented MSM® form of sulfur.

- **Silica:** A mineral which helps to give structure to hair, nails, teeth, bone and connective tissues.*
- **Red Grape Anthocyanosides:** Responsible for the red color of grapes and berries, these are special flavonoids that increase the strength of the capillaries that deliver nutrients and oxygen to the skin, follicles and nail beds.*
- **Green Tea Leaf Standardized Extract:** A powerful antioxidant; helps to neutralize the free radical damage associated with aging.*
- **Ho Shou Wu (*Polygonum multiflorum*):** One of the most popular Chinese longevity tonic herbs; is said to aid the functions of the entire body and is of special renown for the hair.*
- **Watkins Bio-Activator™ Blend (Black Pepper and Ginger):** Scientific studies strongly suggest that black pepper and ginger may help to protect and maximize the potency of vitamins and nutrients in the body.*

**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.*

Supplement Facts		
Serving Size 1 Caplet		
	Amount Per Serving	% Daily Value
Vitamin C (ascorbic acid)	60 mg	100
Biotin (biotin)	150 mcg	50
Pantothenic acid (d-calcium pantothenate)	10 mg	100
Zinc (patented OptiZinc® monomethionine)	7.5 mg	50
Copper (patented Chelazome® glycinate chelate)	1 mg	50
LIPOTROPIC FACTORS		
Choline (choline bitartrate)	25 mg	†
Inositol	25 mg	†
Essential fatty acids complex	50 mg	†
Soy lecithin, evening primrose oil (<i>Oenothera biennis</i>) (seed), omega-3 marine lipid concentrate		
STRUCTURAL SUPPORT NUTRIENTS		
Glucosamine hydrochloride	100 mg	†
Organic sulfur (MSM® methylsulfonylmethane)	25 mg	†
BOTANICAL FACTORS		
Red grape anthocyanosides (<i>Vitis vinifera</i>) (fruit)	50 mg	†
Green tea leaf standardized extract (36% polyphenols) (<i>Thea sinensis</i>)	50 mg	†
Ho shou wu root (<i>Polygonum multiflorum</i>)	50 mg	†
Watkins Bio-Activator™ Blend	25 mg	†
Black Pepper (<i>Piper nigrum</i>) (fruit) Ginger (<i>Zingiber officinale</i>) (root) Cellulase plant enzyme.		
† Daily value not established.		

Other ingredients: Dibasic calcium phosphate, microcrystalline cellulose, cellulose gum, vegetable stearic acid, silica, vegetable magnesium stearate, pharmaceutical glaze.

Directions for adults and teens: take one caplet per day with any meal.

Testimonials—

*These are personal testimonials. Individual results may vary.
Consult your physician before taking any dietary supplements.*

“I’ve suffered from eczema and psoriasis for at least 20 years. The medication I was using caused my skin to thin, blood vessels began to show on my face, and my face became bloated. I was completely dependent on synthetic creams and medication. Finally I started to use a daily supplement regimen which included Watkins Skin, Hair & Nails (SHN Formula) and Watkins Red Clover Salve. It has helped so much that I no longer use any topical creams or medications except for Skin, Hair & Nails (SHN Formula) and Red Clover Salve. No more painful inflammation, redness, or itchy dry skin. Watkins has given me a renewed self-confidence.”

—Miles Rothman, Manitoba

“We went from doctor to doctor trying to treat my daughter’s eczema but with no success. Finally I decided to try Watkins Skin, Hair & Nails, along with Watkins Red Clover Salve, and within three weeks her skin looked normal again. It has worked wonders for her, and the doctors are amazed at the difference!”

—Donna Blake, Wisconsin

“Since using Watkins Skin, Hair & Nails, I finally have beautiful nails! Friends have asked me what I’ve been doing to get my nails to grow because they know I’ve tried a multitude of products over the years. Thanks, Watkins.”

—Barbara Reese, California