

## Hair Skin & Nails ONE A DAY Tablets



**Brand:** Lindens  
**Product Code:** L43  
**Availability:** 10  
**Weight:** 0.10kg

**Price: £7.99**

### Short Description

A combination of active nutrients to support the maintenance of normal skin, hair and nails (Biotin and Zinc). As well as supporting normal collagen formation and protection of the cells from oxidative stress (Vitamin C) and Copper which contributes to normal hair and skin pigmentation.

### Description

- Maintenance of normal hair, skin & nails
- Convenient one-a-day tablet
- Targeted multivitamin tablet containing MSM
- Suitable for vegans & vegetarians

We all want to do the best that we can for our health and appearance. Lindens knows only too well that what you put inside your body has an enormous impact on your internal health and your outer appearance. Therefore, we have formulated a one a day tablet designed to complement your daily skin and hair care routine with a range of over 20 micronutrients.

Certain nutrients are of great importance to help maintain healthy looking skin, hair and nails in both women and men because they are delivered via the bloodstream, at the very deepest level.

**Vitamin C** contributes to normal:

- immune system function during and after immense physical exercise

- collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin & teeth
- energy yielding metabolism
- nervous & immune system function
- psychological function
- protection of cells from oxidative stress
- reduction of tiredness and fatigue
- regeneration of the reduced form of Vitamin E
- increase iron absorption

**Vitamin E** contributes to:

- protection of cells from oxidative stress

**Biotin** contributes to normal:

- energy-yielding metabolism
- the function of the nervous system
- macronutrient metabolism
- psychological function
- hair maintenance
- skin and mucous membranes

**Calcium** contributes to normal:

- blood clotting
- energy-yielding metabolism
- muscle function
- neurotransmission
- function of digestive enzymes
- bones and teeth
- regulation of cell division and differentiation

**Zinc** contributes to normal:

- DNA synthesis
- acid-base metabolism
- carbohydrate metabolism
- cognitive function
- fertility and reproduction
- macronutrient metabolism
- metabolism of fatty acids
- metabolism of Vitamin A
- protein synthesis
- skin, bones, hair & nails
- testosterone levels in blood

- vision
- immune function
- protection from oxidative stress
- has a role in process of cell division

**Manganese** contributes to normal:

- energy-yielding metabolism
- maintenance of bones
- formation of connective tissue
- protection of cells from oxidative stress

**Copper** contributes to normal:

- maintenance of connective tissues
- energy-yielding metabolism
- functioning of the nervous system
- hair pigmentation
- iron transport in the body
- skin pigmentation
- function of the immune system
- protection of cells from oxidative stress

**Iodine** contributes to normal:

- cognitive function
- energy-yielding metabolism
- functioning of the nervous system
- maintenance of normal skin
- production of thyroid hormones and thyroid function

With Lindens®, you can expect:

- ? An established UK manufacturer based in Yorkshire
- ? ISO 9001 Certified for Quality Management Systems
- ? Dedication to excellence, innovation and satisfaction
- ? Resealable, light-proof, foil-fresh pouch packaging
- ? The Lindens® label: your guarantee of authenticity

This is a food supplement which is not a substitute for a balanced diet and healthy lifestyle. We recommend that pregnant and breastfeeding women seek medical advice before using food supplements. Store in a cool, dry place, out of reach of children. Unsuitable for children. Follow usage guidelines. Do not exceed stated dose. Lindens® is a registered trademark of Lindens Health + Nutrition Ltd.

## Label Information

### HAIR SKIN & NAILS ONE A DAY MULTINUTRIENT FORMULA

**DIRECTIONS:** Food Supplement. Take one tablet each day with a little water.

**INGREDIENTS:** Methyl Sulphonyl Methane, Calcium Carbonate (on Maltodextrin), Microcrystalline Cellulose, Vitamin C (Ascorbic Acid, Hydroxypropylmethylcellulose), Kelp, Zinc Citrate, Anti-caking Agent (Silicon Dioxide), Natural Source Vitamin E (D-alpha Tocopheryl Acid Succinate (product of **soya**)), Manganese Gluconate, Anti-caking Agent (Vegetable Source Magnesium Stearate), Copper Gluconate, Biotin, Aloe Vera Extract.

Allergens (if any) in bold.

Free From: dairy, sugar & gluten.  
Suitable for vegans and vegetarians.

EAN:  
5060332535873 - 60 pack

## PRODUCT INFORMATION

Per tablet

Nutrient	Amount	% NRV
Vitamin E	20mg	167
Vitamin C	100mg	125
Biotin	100mcg	200
Calcium	200mg	25
Zinc	15mg	150
Manganese	2000mcg	100
Copper	2000mcg	100
Methylsulfonylmethane	500mg	-

Silica	50mg	-
Kelp	50mg	-

NRV = Nutrient Reference Value