Hair, Skin & Nails Plus Formula™
Formulated by Dr. James L. Wilson

Nutrients for Stressed Tissue Health*

Stress rapidly burns up nutrients that can profoundly affect hair, skin and nails – the fastest growing visible tissues. The typical diet often does not provide ideal amounts of all the nutrients necessary for healthy tissue production, especially with stressful lifestyles. In addition, it takes more than the right nutrients to produce hair, skin and nails that look their best during stressful times; it takes specific nutrients combined in precise proportions and delivered in their most bioavailable forms.* Hair, Skin and Nails Plus Formula™ is expertly formulated to do just that.* Taken consistently, this clinically effective formula begins working immediately to deeply fortify the biochemical reactions involved in creating healthy tissue structure and within 6-12 weeks, the newly nourished tissues begin visibly replacing the old ones.* Continue taking daily to help maintain hair, skin and nails in optimum condition through the following processes: *

Provides powerful nutritional support for healthy hair, nail and skin structure*

**Calcium, Silicon, Zinc**
- Calcium plays a key role in signaling the viable epidermis beneath skin with damaged permeability barrier to initiate restoration. 1
- Silicon taken orally for 20 weeks resulted in significant positive effects on nail and hair brittleness, and on skin surface and skin mechanical properties. 2
- Zinc is important to skin integrity, as well as cell growth & replication. 12

**Vitamin E, Vitamin C**
- Daily oral intake of vitamin E shown to restore normal color to nails with yellow nail syndrome (yellow, thickened, opaque nails frequently associated with respiratory disorders) within 6 ½ months 3
- Vitamin C is required for formation of collagen, the principal structural component of the skin. Its quantity and quality has a major effect on the skin’s health and appearance. 4
- Vitamin C enhanced the rate of collagen production in dermal cells. 5
- Vitamin C and zinc deficiency can cause hair loss which is reversible with oral vitamin C and zinc supplementation. 6

**Biotin, Pyridoxine, Riboflavin, Folic Acid**
- Biotin supplementation over 6 months shown to increase nail plate thickness and decrease symptoms in patients with brittle nails. 7, 8, 9
- Pyridoxine and riboflavin essential for maintaining collagen content and skin integrity 10
- Folic acid enhances cellular DNA repair capacity in human fibroblasts. 11

**Silicon, Iron**
- Silicon, iron and vitamin C are needed for synthesis of proline and hydroxyproline, important to collagen’s primary structure. Silicon is also required for the synthesis of glycosaminoglycans, important to skin health. 12
- Women with iron deficiency are at risk of telogen hair loss, which is strongly associated with serum ferritin below or equal to 30 ng/mL. 13
- Ferronyl® is a special nontoxic form of iron shown to have higher absorption rates and bioavailability than other forms of supplemental iron tested. 14

Flax, Gelatin, Vitamin A
- Ingestion of flax seed for 12 weeks demonstrated to favorably modify skin reddening in response to irritation, enhance transepidermal water retention, and decrease roughness and scaling of the skin. 15
- Oral gelatin given to patients with soft, peeling nails resulted in complete resolution of nail symptoms in 10 out of 12 patients. 16
- Oral supplementation with gelatin-cystine helped modify the sulphur-rich hair proteins, and is thought to be responsible for increasing hair diameter and degree of hardness of finger and toe nails. 17
- A combination oral therapy including gelatin and vitamin A enhanced the growth rate and density of hair. 18

**Helps protect against oxidative damage from stress and the environment**

**Vitamin C, Manganese**
- Vitamin C demonstrated a pronounced attenuating effect on the incidence and speed of onset of malignant lesions induced by ultraviolet exposure. 19
- Vitamin C shown to be an effective antioxidant, attenuating ultraviolet-induced lipid peroxidation in liposomes, suggesting an important effect in prevention of aging and photoaging in skin. 20
- Manganese superoxide dismutase reduces superoxide levels, contributing to the restoration of redox homeostasis needed to counter oxidative damage in the skin from UVA radiation. 21

**Helps facilitate the fundamental biochemical processes involved in strong tissue production**

**Iron**
- Demonstrated to be important in various bodily functions and present in many enzymes, cytochromes, and transcription factors, including as a required cofactor for ribonucleotide reductase, the rate-limiting enzyme for DNA synthesis, which profoundly affects hair follicle matrix cells since they are among the most rapidly dividing cells in the body. 22, 23, 24, 25

Dr. Wilson’s Original Formulations® supplements are produced exclusively by ICA Health | icahealth.com

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
Biotin-dependent carboxylases play crucial roles in metabolism of fatty acids, amino acids and glucose, and biotinylated histones (proteins in the nucleus that order DNA into structural units) are enriched in repeat regions in the human genome and appear to play a role in transcriptional repression of genes and genome stability, which particularly affects rapidly dividing tissues such as those involved in production of hair, skin, and nails. 27, 28

Vitamin A

- Critically important in development and maintenance of epithelial tissues, including skin and hair, and plays an important role in regulating the keratinization of the epidermis. 27, 28

Suggested Use

Adults and children 12 or older take 2 capsules twice daily, preferably with meals. This nutritional formula may be taken as long as desired.*

Companion Products Formulated by Dr. Wilson

During Adrenal Fatigue: Hair, Skin & Nails Plus Formula works well with the products in Dr. Wilson's Program for Adrenal Fatigue: Adrenal C Formula®, Adrenal Rebuilder®, Super Adrenal Stress Formula® and Herbal Adrenal Support Formula® to help promote optimal metabolic activity and tissue nutrition for maintaining healthy hair, skin and nails.*

During Stress: Hair, Skin & Nails Plus Formula works well with Adrenal C Formula® and Super Adrenal Stress Formula® to help maintain optimal nutrient and antioxidant levels necessary for healthy tissues.*

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

# Supplement Facts

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Serving Size 2 capsules</th>
<th>Servings Per Container 50</th>
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<tbody>
<tr>
<td>Vitamin A (as palmitate)</td>
<td>750 IU</td>
<td>150%</td>
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<tr>
<td>Vitamin C (as ascorbic acid)</td>
<td>62.5 mg</td>
<td>104%</td>
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<tr>
<td>Thiamine (vitamin B1 as thiamine HCl)</td>
<td>5 mg</td>
<td>333%</td>
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<tr>
<td>Riboflavin (vitamin B2 as riboflavin HCl)</td>
<td>5 mg</td>
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<tr>
<td>Niacin (vitamin B3 as niacinamide)</td>
<td>15 mg</td>
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<tr>
<td>Vitamin B6 (as pyridoxine HCl)</td>
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<tr>
<td>Folic Acid</td>
<td>400 mcg</td>
<td>100%</td>
</tr>
<tr>
<td>Biotin</td>
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<td>133%</td>
</tr>
<tr>
<td>Calcium (as malate/citrate)</td>
<td>75 mg</td>
<td>8%</td>
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<tr>
<td>Iron (as Ferroyn®)*</td>
<td>7.5 mg</td>
<td>42%</td>
</tr>
<tr>
<td>Magnesium (as malate)</td>
<td>50 mg</td>
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<tr>
<td>Zinc (as gluconate)</td>
<td>7.5 mg</td>
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<tr>
<td>Manganese (as ascorbate)</td>
<td>5 mg</td>
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Proprietary Blend 625 mg δ

† Daily Value not established

Other Ingredients: Gelatin Capsules, Magnesium Stearate, Silicon Dioxide, Cellulose, Water

*Ferroyn® is a form of dietary iron shown to have low toxicity.*

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References