

INNATE

RESPONSE FORMULAS®

SKIN, HAIR & NAILS

V i s m e d i c a t r i x n a t u r a e

Product Rationale

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SKIN, NAILS & HAIR INNATE RESPONSE FORMULAS™

RATIONALE

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THE FORMULA BENEFITS

Radiant Beauty from Within - Though it sounds like a cliché, beauty does start from within. A small percentage of men and women are born looking like super models. Even they need to have proper nourishment and rest to stay looking great. Most of us find that bringing out our own natural beauty requires effort. Using clothing and accessories and developing our own sense of style, we can emphasize our natural blessings. We can also use select topical skin, hair and nail care.

To bring out true radiance and inner beauty we must provide our body with the optimal nutrients for beautiful clear skin, shiny rich hair and strong nails. What we put into our bodies is reflected outwardly in the radiance and vitality of our skin, hair and nails.

The skin is the body's largest organ. It protects the body from the millions of foreign substances and potential attackers found in our environment. The skin's most important function is to provide a means by which to excrete toxins from the body. As a result the skin may be subject to eruptions, boils, rashes, dryness, itching, flaking, oiliness and numerous other problems. Problems with hair, skin or nails can be a result of one or a combination of factors including hormones, poor diet, inadequate nutrient absorption, poor elimination and stress.

In the development of *Skin, Nails & Hair* we searched the world for the botanicals used by the world's most naturally beautiful women. The formula is based on the ancient traditions of India, the Orient, and Europe. In these cultures certain herbs are used on a daily basis for their rejuvenative and anti-aging properties. These anti-aging, rejuvenative tonics include: Ashwagandha, Gotu Kola, Shatavari, Nettles and Emblic (Indian Gooseberry). Rejuvenative herbs, spices and food nutrients create a supportive synergy that nourishes every cell and creates an outward radiate beauty from within.

Retarding the Aging Process - The synergistic effects of this unique FoodState® complex of vitamins and minerals combined with carefully selected herbal tonics helps to slow or reverse the aging process. *Skin, Nails & Hair* aids in the prevention of graying and thinning hair, age spots and other common problems associated with aging.

Strengthening the Hair and Nails - *Skin, Nails & Hair* provides proper whole food nutrients that support collagen production, as well as silica rich herbs and essential fatty acids that nourish the nails, skin and hair from within. Coupled with nutrients, which improve circulation allowing for blood to flow freely to the nerve rich epidermis of the fingertips and hair follicles, *Skin, Nails & Hair* helps to eliminate the causes of dryness, brittleness, general fragility and breaking hair.

Radiant Skin, Hair and Nails - *Skin, Nails & Hair* greatly improves the quality of the skin, hair and nails by reducing the number of toxins which must be released through the epidermis. The formula includes nutrients and herbal extracts to ensure proper elimination of metabolic wastes and toxins from the body. This process is accomplished by supporting the lymphatic drainage system and aiding in the healthy functioning of the gastrointestinal tract.

Alleviate Stress - Stress, whether mental, emotional, lifestyle based or environmental, affects the health of our Skin, Nails & Hair. Our body's natural stress response can be supported through the use of adaptogenic botanicals and whole food nutrients. *Skin, Nails & Hair* from Innate Response Formulas® supplies antioxidant, adaptogenic herbs including Ashwagandha, Emblic (Indian Gooseberry), and Shatavari along with FoodState® pantothenic acid, folic acid, bioflavonoids and the antioxidant vitamins C and E. Lavender flowers have been included for their gentle ability to relieve tension resulting from stress and bring about a serene and peaceful state of mind. This all inclusive formula supports the body's ability to adapt to stress thus assisting in the fully radiant expression of natural beauty.

THE FORMULA COMPONENTS

FoodState® Vitamins:

Of primary importance, FoodState® vitamins and minerals have their necessary Bioactive Peptides and other vital food constituents necessary for maximum utilization. Ordinary vitamins and minerals lack this important delivery system.

Dr. Deepak Chopra says, "When you isolate the active ingredient you take the intelligence out and leave the wisdom behind". (ref. Deepak Chopra, M.D., *Journey to the Boundless Tape Series*, Side 7, MCMXCVI Deepak Chopra M.D.)

Vitamin C - The primary role of vitamin C is collagen production. This nutrient is critical to the functioning of the immune and nervous systems and to adrenal function.

Vitamin C provides:

- Protective antioxidant activity
- Wound healing
- Red blood cell formation
- Protein and Calcium metabolism
- Anti-aging protection to the sex and reproductive glands
As we age we develop a greater need for vitamin C and the body will draw it, if necessary, from other tissues, leaving those tissues vulnerable.
- Support for the pituitary, the organelles of the cells including neutrophils, lymphocytes, monocytes, platelets, fibroblasts, osteoblasts, the cells of the liver, spleen, brain, kidneys, testes, ovaries, lens, cornea, retina, bone marrow, pancreas and the heart.
- Antioxidant protection through being an electron donor

Food Sources: citrus fruit, berries, grapes.

Bioflavonoids - Bioflavonoids are important for strengthening all tissues, especially the capillaries and veins. They function as a powerful antioxidant. Research has shown bioflavonoids to be anti-inflammatory, liver protective, anti-tumor, antimicrobial, antioxidant, antiviral, supportive to the immune system, and strengthening to the entire cardiovascular system. They also have an estrogenic effect.

Food Sources: citrus fruit, berries, grapes.

Vitamin E - The primary function of Vitamin E is to act as a cellular antioxidant and protecting lipids from peroxidation.

Vitamin E is also important for:

- Improving circulation.
- Tissue repair.
- Normal blood clotting.
- Wound healing and reduces scarring from wounds.
- Healthy skin, hair and nails.
- Retarding aging and may help prevent age spots.

Food Sources: poly-unsaturated fats in vegetable and seed oils, seeds, nuts and whole grains.

The B Vitamins

The first reference to the B vitamins and beauty was in 1940. Researchers demonstrated a link between deficiency of B vitamins and nail brittleness. Since that date we have discovered many links between the B vitamins and the maintenance of overall beauty.

Folic Acid - Folic Acid is critical to DNA synthesis and cellular division. It is important to the proper growth of all cells, including those of the skin, hair and nails. Folic acid works with B-12 in many vital functions. Research indicates the importance of supplementation for pregnant women to prevent neural tube defects. Cardiovascular research shows the importance of folic acid to assist in proper homocysteine management to prevent atherosclerosis and possibly Alzheimers and other neurological disorders. Folic acid is important to the prevention of osteoporosis, depression and possibly cancer.

Food Sources: brewers yeast, dark green leafy vegetables, liver, whole grains, nuts, broccoli, legumes, mushrooms, artichokes.

Biotin - Biotin functions in fat and amino acid production and utilization. It has a beneficial effect on the scalp, hair and nails. It has also been shown to improve hair quality, possibly by improving the metabolism of scalp oils.

Food Sources: brewers yeast, liver, whole grains, nuts, legumes, and mushrooms.

Pantothenic Acid - Pantothenic Acid is particularly important for optimum adrenal function.

The adrenals are helpful in maintaining the body's ability to deal with stress. Stress can cause poor hair, skin and nail quality.

Food Sources: yeast, seeds, legumes, whole grains, and nuts.

Choline - Choline is essential to the manufacture of the vital neurotransmitter acetylcholine, phosphatidylcholine and other components that maintain the cell membranes. It is an important nutrient for fat metabolism. The ability to utilize essential fats is critical for healthy skin and hair.

Food Sources: liver, eggs, banana, cauliflower, grape juice, peanut butter, lecithin.

Inositol - Inositol functions closely with Choline in the production of cell membranes. The maintenance of cell membranes helps to slow the aging process.

Food Sources: brewers yeast, citrus fruits, whole grains, nuts, seeds, legumes, meat, and dairy products.

PABA - Paba is an antioxidant that helps protect against sunburn and has also been found to help slow and even reverse the graying of the hair.

Food Sources: wheat germ, yogurt, organ meats, molasses, green leafy vegetables.

FoodState® Minerals

Zinc: Zinc must be in a proper form such as found in food in a FoodState® concentrate. Zinc oxide is a toxin and damages vitamin C and is linked to cellular free radical damage.

- Functions in many of the enzyme systems of the body.
- Enables the transcription factor to bind with DNA and stimulates transcription of a gene. This process helps slow aging.
- Promotes general healing of the skin.
- Wound healing.
- SOD production - A powerful anti-aging antioxidant.
- Important to immune function which helps alleviate stress.
- Zinc deficiency may disrupt the function of insulin-like growth factor, the factor that mediates the cellular effects of growth hormone. Growth hormone helps restore damaged skin and hair.
- Zinc provides nutritional support to the T cells, white blood cells and thymic hormones, especially thymulin. Deficiency appears to reduce production of T & B lymphocyte cells.
- Anti-Viral and Anti-Bacterial to help prevent skin blemishes.

Food Sources: oysters, pumpkin seeds, ginger root, seafood, brazil nuts, legumes, whole grains.

Copper: Copper must be in a proper form, such as food or FoodState®, as copper sulfate causes oxidation of vitamin C and is linked to cellular free radical damage.

- Production of the antioxidant enzyme SOD which protects against premature aging.
- Important for the production of lysyl oxidase which helps maintain the production of the collagen matrix of the bone.
- Important to iron utilization and protection from the free radical Fe³⁺, a toxic form of Iron.
- A deficiency can cause compromised immune response due to decreased levels of neutrophils and granulocytes.
- Plays a role in proper anti-inflammatory response.

Food Sources: oysters, shellfish, legumes, nuts.

Sulfur - Sulfur is the fourth most abundant mineral in the human body (after calcium, phosphorus, and magnesium). It is essential for the sound functioning of the body's growth repair mechanisms.

- Found in all body tissues
- Synthesis of collagen, the principal protein that gives skin its structural integrity.
- Production of the connective tissues of the skin, hair, nails and muscular skeletal system.
- Promotes hair and nail growth.
- Promotes the healing of burns and scars.
- Supports joint health.

Food Sources: onions, garlic, cabbage, brussel sprouts, eggs, horseradish, red hot peppers, fish, meats.

Flowers and Botanicals

Flowers have been used traditionally to enhance and maintain beauty. Research shows that the color pigments in flowers have potent phyto-nutrient properties.

Maidenhair Fern (*Adiantum pedatum*) - This common plant, native to North America and much of Europe, is a nutritive, tonic and rejuvenative. It supports tissue regeneration and has been used both internally and externally to beautify the hair.

Lavender Flowers (*Lavandula angustifolia*, *L. off.*) - Thought to have a special affinity with a woman's spirit, helpful for nerve stress, depression and tension, bringing calmness and inner strength. Considered a strengthening tonic for the nervous system. Lavender is used both topically and internally. Lavender is listed as an approved herb in the German Commission E Monographs for functional circulatory disorders. Proper circulation is critical to the health of the skin, hair and nails.

Magnolia Flower (*Magnolia off.*) - Excellent for cleansing of the lymphatic system and congestion in the blood allowing proper elimination of toxins and therefore clearing to the skin.

Rose Petals (*Rosa spp.*) - The flower of love and devotion. As a tonic Rose combines well with Shatavari. Relieves heat, cooling the liver in support of its proper detoxification and other functions. Supportive to the overall female system.

Jasmine (*Jasminum grandiflorum*) - Cooling and calming while strengthening to the cleansing properties of the lymphatic system. Mildly aphrodisiac for the female and supportive to the uterus.

Bhringaraj (*Eclipta alba*) - Helps to retard the aging process and rejuvenate bones, teeth, hair, sight, hearing and memory. It is considered the best Ayurvedic medicine for removing grayness and reversing thinning of the hair. Supports the growth of healthy hair.

Nutrient Potentiators:

Ginger Root (*Zingiber officinale*) - Ginger enables the digestive tract to function properly helping in the proper elimination of waste products and toxins. Ginger is traditionally known as the delivery herb, enhancing the effectiveness of other herbs and increasing nutrient bioavailability. It is a powerful antioxidant with adaptogenic properties. Ginger aids in peripheral circulation and is thought to be an aphrodisiac. Research indicates Ginger is a digestive aid, rich in proteolytic enzyme activity, which increases bile production.

Cumin Seed - Cumin is a cooling spice which helps to promote normal peristalsis in the digestive tract and supports digestion

Tonic Whole Herb Extracts

Spring Horsetail Herb (*Equisetum arvense*) - Spring horsetail herb is rich in supportive silica for the bones, hair, nails and teeth and nourishing glycosides. Silicon is a health-promoting mineral which disappears from our body as we age. Spring horsetail is an effective diuretic and blood alterative which supports healing and removes toxicity from the blood, allowing for clear skin and bright eyes. The nutritional support of connective tissue is a focus of Horsetail's use in this formula. It is indicated where hair loss and fragility are problematic.

Constituents include: silicic acid (a source of silicon), saponins, flavone glycosides including galuteolin, gossypitrin, herbacetin, luteolin, isoquercitrin and kaempferol; organic acids, chromium, sterols and iron.

Chastetree Berry (*Vitex agnus castus*) - Vitex works with the pituitary gland to modulate hormonal balance. A normalizing herb for the reproductive system. David Hoffmann says, "*Vitex will always enable what is appropriate to occur.*" Vitex has a stimulating action on the pituitary gland. Studies show that it increases the production of luteinizing hormones and enhances the progesterone cycle. It also supports the pituitary in normalizing the estrogen cycle. This combination can have enormously beneficial effects on the skin. Studies have shown it to be most effective when taken for long periods of time. The berry is also high in supportive flavonoids.

Constituents include: Flavonoids including casticin, isovitexin, orientin, iridoid glycosides including aucubin, and agnoside.

Ashwagandha Root (*Withania somnifera*) - Ashwagandha root is an incredible rejuvenative for the whole system. It helps reverse tissue deficiency and clear skin afflictions. This adaptogenic herb has been revered in the Ayurvedic healing tradition for over 2,500 years for its benefits as a vitalizer and rejuvenative that increases the body's non-specific resistance to disease. Ashwagandha is traditionally used for general strengthening and recovery, including cases such as chronic fatigue syndrome. Its actions include: tonic, rejuvenative, aphrodisiac, nervine, sedative, astringent and antihepatotoxic. Ashwagandha is included in *Skin, Nails & Hair* for its adaptogenic support and rejuvenative action on the muscles, bones, connective tissue and nerves.

Constituents include: Withaferin A, one of the several withanolides (steroidal lactones), amino acids including, proline, valine, alanine, glycine, cystine, cysteine, glutamic acid, aspartic acid, tannins, and flavonoids.

Burdock Root (*Arctium lappa*) - Burdock root helps to relieve inflammatory skin conditions, toxins in the blood and lymphatic clogging. It slowly but steadily cleanses skin, soothes the kidneys and relieves the lymphatics and is said to eliminate boils, canker sores and sties, etc. Burdock root is also soothing to the mucous membranes. Burdock is traditionally used in treatments for the skin and support for digestion, urinary system, and blood.

Constituents include: Flavonoid glycosides, bitter glycosides, alkaloid, inulin, silicon, thiamine, chromium, iron, and magnesium.

Gotu Kola Leaf (*Centella asiatica*) - Gotu Kola is indicated in cases of premature aging, hair loss and chronic, obstinate skin conditions. It fortifies the immune system and strengthens the adrenals. Gotu Kola Herb is considered one of the most important rejuvenative herbs in Ayurvedic medicine. It supports and revitalizes the nervous system and brain. Research indicates Gotu Kola can be beneficial for skin, including acne, eczema, other chronic skin conditions and hemorrhoids. This leaf nourishes connective tissue and increases keratinization (the principal constituent of epidermal layer of skin, hair, nails and tooth enamel). A tonic that also strengthens the adrenals and immune system, it has been traditionally used to calm the mind and is considered the most sattvic and spiritual of all herbs in India.

Constituents include: Terpenes, volatile oils, saponins, beta-sitosterol, phenols, flavonoids, quercetin, kaempferol, manganese, and vitamin A.

Emblic (Amala Fruit 30%) - Amala fruit is a nutritive tonic and rejuvenative. It is used to relieve gastrointestinal problems such as constipation, which can help to alleviate skin disorders. Emblic is helpful in the prevention of premature graying and hair loss. Amala fruit, commonly called Indian Gooseberry, is one of the richest sources of vitamin C complex and possesses powerful antioxidant activity.

Nettle Leaf (*Urtica dioica*) - Nettle is an astringent herb that promotes the healing of tissue. It is one of our richest nutritional herbs, with high concentrations of vitamins and minerals. Long revered by Native Americans and Europeans as a highly beneficial female tonic, Nettle strengthens and supports the whole body and is easily assimilated.

Constituents include: Histamine, acetylcholine, vitamin C, chlorophyll, iron, glucoquinine, formic acid, calcium and magnesium.

Red Clover Blossom (*Trifolium pratense*) - Red Clover Blossom stimulates circulation and lymphatic drainage and thereby helps to reduce skin eruptions. Its blossom contains about ten times the level of concentrated estrogenic isoflavones of those in soy foods. In addition to the isoflavones genistein and daidzein, which are commonly found in soy, Red Clover also contains biochanin and formononetin, which are not found in soy. Red Clover is an alterative i.e. it supports the blood, and was listed in the *United States Pharmacopoeia* until 1946 as a treatment for skin diseases. In the United Kingdom, Australia and Sweden, Red Clover is approved for use in skin problems such as psoriasis, eczema and rashes. **Constituents include:** phenolic glycosides, flavonoids, coumarins, cyanogenic glycosides.

Calendula Flower (*Calendula officinalis*) - Calendula is an alterative that supports the blood and lymphatic system. Extracts of Calendula are used internally and topically to support the health and healing of the skin. It is also a cholagogue, which supports the gall bladder.

Constituents include: Saponins, carotenoids, bitter, sterols, flavonoids, mucilage.

Shatavari Root (*Asparagus racemosus*) - Shatavari root is included as a tonic which is especially suited to women. It nourishes and cleans the blood and balances female hormones which can have visible results on skin clarity. Shatavari literally means, a woman “who possesses a hundred husbands”. Shatavari earns its name because its tonic and rejuvenative action on the female reproductive organs is said to give the capacity to have a hundred husbands. Shatavari supports the reproductive organs, kidneys, lungs, and digestive system. It also helps with dry tissue, such as vaginal dryness. This traditional herb provides nourishing support for the blood and for the entire body.

Rosemary Leaf (*Rosemarinus officinalis*) - Rosemary is a pungent herb that stimulates digestion and blood circulation. This powerful antioxidant spice has been used to help preserve foods for centuries. A useful antioxidant and general tonic for both the cardiovascular and the nervous systems. Rosemary provides liver support, anti-bacterial and anti-fungal activity. It is said to improve mental clarity and uplift the spirit and is considered a wonderful anti-aging herb.

Constituents include: several supportive flavonoids, diterpenoids, carnosol and ursolic acid.

Licorice Root (*Glycyrrhiza glabra*) - Licorice is said to improve voice, vision, hair and complexion. In Traditional Chinese Medicine Licorice root is called the great “harmonizer” or “peacemaker” because it is believed that it harmonizes the actions of all other herbs. It holds a prominent place in Chinese herbology, being the most often used herb in the Chinese system of healing. Licorice is also among the most widely studied of all herbal medicines. It has been shown to inhibit chemical induced liver damage and prevent free radical damage while inhibiting the formation of free radicals. Cortisol like compounds contribute to Licorice’s anti-inflammatory properties. The anti-inflammatory properties and support of adrenal function contribute to Licorice’s effectiveness in dealing with allergic reactions which can manifest as skin breakouts. Phytoestrogens in Licorice help to balance hormones and assist in the maintenance of healthy skin, hair and nails. One interesting study indicates that Licorice may assist the body in dealing with xenoestrogens that are in non-organic foods and the water supply.

Constituents include: triterpenes, flavonoids, isoflavonols, phytosterols, lignans, amino acids, coumarins, glycyrrhetic acid, and its major active component is glycyrrhizin.

Note: There is a potential caution for Licorice use in large doses when hypertension is present. The dosage level in this formula is very moderate. In the few cases where Licorice caused edema, copious amounts were consumed - ranging from 2-7 grams daily. (1 gram is equal to 1,000 mgs.) Dosages at 100 mg and lower are considered safe.

Yellow Dock Root (*Rumex crispus*) - Yellow Dock Root is excellent as an alterative that supports the blood and lymph systems. Yellow Dock works with the body in naturally removing metabolic wastes; and is used extensively in the treatment of a variety of skin conditions. This native herb supports the gall bladder, promoting the flow of bile, which is important to fat digestion and utilization and to the proper conjugation and excretion of cholesterol and some hormones.

Constituents include: Anthraquinone glycosides, tannins, phosphorus, and bitter.

Dandelion Leaf & Root (*Taraxacum officinale*) - Primarily Dandelion is a detoxifying herb helping to clear and cleanse the liver and gall bladder thus eliminating accumulated toxins and bile. Dandelion is one of the richest herbal sources of potassium. Dandelion is a native tonic for the liver and urinary tract. It is rich in nutrients and carotenoids such as lutein and violaxanthin. It is used in the Ayurvedic healing tradition for the lymph system, liver, gall bladder and breast health.

Constituents include: triterpenes, bitter, seven carotenoids, including lutein, cryptoxanthin, chrysanthemaxanthin, and violaxanthin; fatty acids, phenols, phenolic glycosides, saponins, beta-sitosterol, inulin, and pectin.

Turmeric Root (*Curcuma longa*) - Turmeric is a carminative herb. It encourages the production of beneficial microflora in the intestines relieving putrefaction in the lower gut that can express itself through the skin. Turmeric stimulates the digestive system and promotes the healing of skin disorders, wounds and bruises. It is a powerful liver protector and antioxidant, in fact research illustrates that this potent antioxidant herb has greater antioxidant activity than the vitamin’s beta-carotene, vitamin C or vitamin E.

Constituents include: curcuminoids: curcumin, demethoxycurcumin, and bisdemethoxycurcumin, which are recognized for their antioxidant, anti-inflammatory, antihepatotoxic, anti-viral, and antibacterial properties.

Phyto-Nutrient Rich Superior Foods

Alfalfa (*Medicago sativa*) - Alfalfa has a very high mineral content especially calcium, magnesium and trace minerals including boron, as well as vitamins K, C, A, E, folic acid and other B vitamins, flavonoids, phytoestrogens and chlorophyll. Phyto-estrogenic constituents include isoflavones, coumestrol, genistein and formonet. Research indicates that it stimulates estrogen production, which can be enormously beneficial to the skin. Alfalfa nourishes the blood, supports the liver and is indicated as useful in cholesterol reduction.

Hydrilla verticillata - Hydrilla is a fresh water, rooted algae, especially rich in calcium, with abundant trace minerals, polysaccharides, amino acids, micro and macronutrients. It supplies antioxidant and detoxifying activity and is found to enhance natural energy.

Lecithin (naturally containing 56-60% Linoleic Acid, 6-8% Linolenic Acid) - Lecithin is a natural component of every cell. It is important to fat emulsification and enhances nutrient bioavailability.

Constituents include: Choline, inositol, fatty acids and phosphorus.

Evening Primrose Oil - Evening Primrose Oil is rich in Gamma Linolenic Acid (GLA), an omega-6 fatty acid that the body uses to produce a prostaglandin vital to soothing inflammation and supporting the immune system. It also helps the blood to flow freely and can be very helpful in the healing of eczema and skin disorders.

Cranberry Fruit - Research indicates the proanthocyanins found in cranberries have powerful antioxidant action and protective properties supporting the urinary tract.

Blueberry Fruit - Wild Blueberry concentrate provides protective anthocyanidins. In studies conducted by the USDA, Blueberries were rated as one of the highest antioxidant, ORAC (Oxygen Radical Absorption Capacity) foods with 2400 ORAC units per 100 grams.

Skin, Hair and Nails Summary

Skin, Hair and Nails from Innate Response Formulas® supports the health, strength and radiance of our natural beauty through all stages of our life.

COLLAGEN

Collagen is important to the health and vitality of our skin and other tissues of the body. The Complete Vitamin C complex with the strengthening bioflavonoids are supplied in their whole FoodState®, along with concentrated Indian Gooseberry (Amala fruit), Blueberry and Cranberry. Research shows that Gotu Kola, *Centella asiatica*, supports the production of fibroblasts, and the synthesis of collagen and connective tissue, these are important components of the skin, hair, nails and support every organ, gland, bone and tissue of the body.

ACNE AND HORMONES

The herbs Gotu Kola and Chaste Tree Berry (*Vitex agnus castus*) have been shown to be helpful in treatment of acne. Hormones, though essential to our well-being, can also play havoc with our skin. The addition of Chaste Tree Berry provides hormonal support which, research indicates, can help hormonally based skin problems in both women and men.(ref. *Vitex*, The Women's Herb, Christopher Hobbs, pg. 14-16).

STRESS

Stress, whether mental, emotional, lifestyle based or environmental, affects our Skin, Hair and Nails. The adaptogenic herb Ashwagandha, backed by FoodState® antioxidants, vitamins C and E, supports and enhances the body's stress response.

DETOX

Skin, Nails & Hair uses nutrients and herbal extracts to ensure proper elimination of wastes and toxins from the body. This formula supports the lymphatic drainage system and aids in the healthy functioning of the gastrointestinal tract, greatly improving the quality of the skin, hair and nails. *Skin, Nails & Hair* reduces the number of toxins which must be released through the epidermis.

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