

The Beauty Vitamin Guide

Important Nutrients for Hair, Skin, Nails & Your Body



VITAMIN A helps maintain healthy tissue and skin*

Vitamin A is found in leafy green vegetables, carrots, pumpkins, apricots, sweet potatoes and tomatoes.

BIOTIN helps maintain healthy hair, skin, and nails*

Biotin is found in beans, peanuts, tomatoes and oats.



VITAMIN D, the sunshine vitamin, is important for bone and immune health*

The body can make its own vitamin D from sunlight. You can also get vitamin D from foods like salmon, tuna, mackerel, and eggs.



LUTEIN supports healthy skin*

Look for lutein-rich foods like carrots, butternut squash and leafy vegetables.

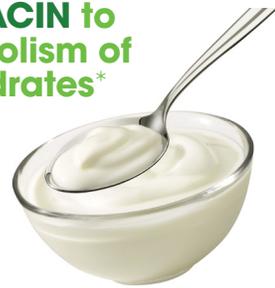


VITAMIN C is essential for formation of collagen throughout the body*

Vitamin C sources include red and green peppers, kiwi, strawberries, apples, cantaloupe, citrus fruits, Brussels sprouts, asparagus and broccoli.

VITAMINS B-6, B-12, and NIACIN to support your body's metabolism of fats, proteins and carbohydrates*

Look for Vitamin B-6-rich foods like bananas, potatoes, beef and spinach. And vitamin B-12-rich foods like yogurt, milk, eggs and scallops.



ZINC is key in cellular metabolism*

Zinc is provided in foods like cashews, oysters, lamb, lobster and lentils.



PROTEIN provides structure to cells

Protein-rich foods include eggs, dairy, nuts and meat.



VITAMIN E is an antioxidant that helps protect cells from damaging free radicals*

Vitamin E is found in foods like almonds, spinach, peanuts and sunflower seeds.

WATER helps deliver nutrients to cells

In addition to drinking plenty of water, incorporate a mix of fruits and veggies to help you hydrate and also to deliver a dose of vitamins and minerals.



*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.



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and Rebecca Scritchfield, RD

#1 Adult Gummy Vitamin Brand