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Life Extension 02322

Life Extension Hair, Skin & Nails Collagen Plus Formula

Official Product Instruction Manual

1. PRODUCT OVERVIEW

The Life Extension Hair, Skin & Nails Collagen Plus Formula is a premium dietary supplement designed to support the health and appearance of hair, skin, and nails. This advanced formula combines clinically-studied nutrients to promote overall beauty from within, focusing on collagen and keratin health. Each bottle contains 120 gluten-free tablets, providing a one-month supply when taken as directed. The product is made with 100% non-GMO ingredients, reflecting a commitment to quality and purity.



Image 1.1: Front view of the Life Extension Hair, Skin & Nails Collagen Plus Formula bottle, showing the brand name, product title, and key features like "Gluten Free" and "Non GMO".

Key Benefits:

- **Glowing skin from within:** Bioactive collagen peptides promote skin elasticity, reducing the appearance of fine lines and wrinkles, particularly for women over 50.
- **Strong, healthy hair:** Biotin and silicon in the formula help maintain proteins and other compounds essential for rejuvenating healthy hair by promoting healthy keratin formation.
- **Tough as nails:** A blend of solubilized keratin, zinc, B vitamins, copper, and biotin supports healthy nail growth and helps prevent chipping and breakage.
- **Quality Ingredients:** Formulated with high-quality, pure ingredients. The majority of products are non-GMO, gluten-free, and manufactured in the USA.

2. USAGE AND DOSAGE

For optimal results, follow the recommended dosage instructions carefully. Consistency is key to experiencing the full benefits of the Hair, Skin & Nails Collagen Plus Formula.

Recommended Daily Intake:

Take **four (4) tablets daily**, or as advised by a healthcare practitioner. It is recommended to take the tablets with water, preferably with a meal.

DIRECTIONS: Take four (4) tablets daily, or as recommended by a healthcare practitioner.

CAUTION: Individuals with in-born errors of copper metabolism (e.g. Wilson's disease) should avoid daily, chronic use of this product.

Store tightly closed in a cool, dry place.

MANUFACTURED
IN THE
USA

**GLUTEN
FREE**

**NON
GMO**
LE CERTIFIED

Image 2.1: Visual representation of the daily dosage and supply information for the supplement, indicating 4 tablets daily for a 1-month supply.

3. INGREDIENTS INFORMATION

The Hair, Skin & Nails Collagen Plus Formula is composed of a precise blend of vitamins, minerals, and specialized compounds to support beauty from within. Below is a detailed list of the active ingredients per serving.

Supplement Facts		
Serving Size 4 Tablets • Servings Per Container 30		
Amount Per Serving		% Daily Value
Niacin (as niacinamide)	18 mg*	113%
Vitamin B6 (as pyridoxine HCl)	2 mg	118%
Biotin	2500 mcg	8333%
Pantothenic acid (as D-calcium pantothenate)	13.68 mg	274%
Calcium (as dicalcium phosphate)	83 mg	6%
Zinc (as zinc oxide)	15 mg	136%
Copper (as copper sulfate)	1.65 mg	183%
VERISOL® Bioactive Collagen Peptides®	2500 mg	**
Cynatine® HNS (providing solubilized keratin)	500 mg	**
Silicon [from std. bamboo extract (stem, leaf), silicon dioxide]	3 mg	**
**Daily Value not established. •NE (Niacin equivalent).		
Other ingredients: microcrystalline cellulose, croscarmellose sodium, stearic acid, vegetable stearate, aqueous film coating (hydroxypropyl methylcellulose, glycerin, purified water).		

Image 3.1: Detailed Supplement Facts panel, listing the amount per serving and daily value percentages for each ingredient.

Supplement Facts (Per 4 Tablets)		
Nutrient	Amount Per Serving	% Daily Value
**Daily Value not established. •NE (Niacin equivalent).		
Other ingredients: microcrystalline cellulose, croscarmellose sodium, stearic acid, vegetable stearate, aqueous film coating (hydroxypropyl methylcellulose, glycerin, purified water).		

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4. STORAGE AND HANDLING

Proper storage ensures the potency and longevity of your supplement. Follow these guidelines to maintain product quality.

- Store tightly closed in a cool, dry place.
- Keep out of reach of children.
- Do not purchase if the outer seal is broken or damaged.

5. SAFETY INFORMATION AND WARNINGS

It is important to review all safety information and warnings before using this product to ensure safe and effective use.

General Warnings:

- **DO NOT EXCEED RECOMMENDED DOSE.**
- Individuals with in-born errors of copper metabolism (e.g., Wilson’s disease) should avoid daily, chronic use of this product.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Legal Disclaimer:

Statements regarding dietary supplements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease or health condition.



Image 5.1: Panel detailing important warnings and trademark information for the ingredients used in the formula.

6. PRODUCT SPECIFICATIONS

Detailed specifications for the Life Extension Hair, Skin & Nails Collagen Plus Formula are provided below.

Specification	Detail
Product Dimensions	2.71 x 2.71 x 4.48 inches
Item Weight	0.35 Pounds (5.6 ounces)
Item Model Number	02322
Date First Available	May 6, 2019
Manufacturer	AmazonUs/LJHZZ
Brand	Life Extension
Flavor	Unflavored
Unit Count	120 Count
Item Form	Tablet
Diet Type	Gluten Free

7. SUPPORT AND CONTACT INFORMATION

For product information, to report a serious adverse event, or for any support inquiries, please contact Life Extension directly.

Customer Service Phone: 1-866-280-2852

Website: LifeExtension.com

Manufacturer: Quality Supplements and Vitamins, Inc. (FL Lauderdale, FL 33309)

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This manual is for informational purposes only and is subject to change without notice.