

Attain Outer Beauty  
By Giving Your Body  
Inner Nourishment!



**Dynamic  
Hair Skin  
and Nails**

Be a more vibrant you with support for stronger nails, softer skin and shiny hair!

With essential vitamins, minerals & plant-based nutrients,

**Dynamic Hair-Skin and Nails** enhances your own natural collagen and keratin production, supports healthy cell growth and boosts your body's free radical fighting defenses.

**Bonus:** bones, joints and teeth will benefit too!

It's optimal nourishment from the inside out! For men and women alike, children included!

### **Dynamic Hair-Skin and Nails**

- Rejuvenate your outer body cells and repair hair breakage, skin damage and nail brittleness
- Rich in minerals (such as silica) and excellent source of a variety of nutrients
- Also provides benefits for the maintenance of overall good health
- Moisturizes while enhancing skin's elasticity and flexibility
- Good source of antioxidants and collagen
- 100% vegetarian food supplementation

So now you might be wondering what exactly is inside **Dynamic Hair-Skin and Nails** supplement and how can it produce these amazing results. Let us explain.

One mineral essential to bone-building, immune system strengthening, calcium absorption and building strong nails, hair, and teeth is **silica** or silicon. Silica supports the body's production of an enzyme called prolyl hydroxylase that is involved in the formation of **collagen** in bones, cartilage and connective tissue.

### **Some Benefits of Silica**

**Silica** is one of the foundational minerals our bodies need most. While we commonly hear that calcium is the mineral most helpful for bone health, it's actually silica that's more critical. And it's not just bones that need silica: our teeth, joints, tendons, ligaments and connective tissue do too. Plus, if we want our hair, skin and nails to be healthy, we must turn to silica—an essential mineral that helps heal brittle bones, teeth, hair, skin and nails.

Hair, Skin and Nail Health – Silica is naturally found in nails, making them strong. When our dietary silica goes down, our nails grow slower and become more brittle. The same goes for hair. Silica also plays a role in keeping skin elastic and collagen healthy.

Joint Health – Since collagen is vital to healthy joints, ligaments, and cartilage, silica is important too. It lends strength and elasticity to collagen so joints are more flexible, heal quicker and can snap back from the daily wear and tear our bodies undergo with all our bending, twisting and stretching. Many people use silica to help ease joint pain and arthritis symptoms.

Bone Health – As we get older our silica levels decline and our bones weaken. There are many studies that show the presence of silica helps the body use calcium to strengthen bones.

Some of the most common signs of a **silica deficiency**:

- Excessive wrinkling of skin • Dry skin or loss of elasticity • Thinning or loss of hair • Muscle cramps  
• Poor bone development or osteoporosis • Dental cavities or weakened teeth • Soft or brittle nails

## Dynamic Hair-Skin and Nails Formula — Herbs Rich in Silica:

Strawberries • Nettle • Horsetail • Oat Straw

### **Strawberry**

- Rich in silica, B vitamins, C & K, calcium, potassium & manganese which all help to build & maintain healthy hair, skin, nails & strong bones • Contains alpha-hydroxy acid which helps eliminate dead skin cells which cleanses the skin • Contains salicylic acid & ellagic acid which reduce hyper-pigmentation & dark spots • Removes dead cells from the skin & tightens skin pores

### **Nettle**

- Rich in vitamins A, B, C, D & K • Good source of iron, potassium, manganese, calcium, magnesium, phosphorous, silica, iodine, silicon, sodium & sulfur • Phytonutrients include chlorophyll, beta-carotene, lutein, quercetin & more—all of which are incredible for hair, nails & skin • Has antiviral, antibacterial & antifungal effects as well as powerful antioxidant abilities • Combats hair loss, helps hair grow & become shinier & healthier • Analgesic & anti-inflammatory properties make it effective against arthritis pain

### **Sage**

- Contains vitamins B & C as well as magnesium, zinc & potassium which improve the growth & strength of hair • Rich in antioxidants to reverse signs of aging such as wrinkles, fine lines & age spots • These antioxidants provide protection against free radicals that damage skin cells, causing premature aging of the skin • High in calcium & vitamin A, which protect skin against the assault of free radicals & aid in daily cell regeneration, minimizing & delaying the onset of facial wrinkles • Combats hair loss & baldness • Imparts shine & luster to hair • Promotes thicker, shinier & stronger hair • Encourages new hair growth

### **Rosemary**

- Stimulates hair follicles enabling them to produce healthy strong hair strands • Has anti-fungal properties useful in combating scalp fungal infections such as ringworm which ruin hair, causing hair loss & bald spots • Has potent anti-microbial properties effective for combating dandruff, scalp irritation, infected hair follicles & other infections caused by bacteria, yeast, fungi & other microbes • Powerful antioxidant that prevents premature graying of hair by warding off free radicals • Vitamin-rich, antibacterial, antioxidant & by far one of the most effective herbs for scalp health & hair growth

### **Ho-Shu-Wa** (also called Fo-Ti)

- High levels of iron & zinc • Strong antioxidant properties support healthy immune function • Helps restore & maintain hair color • Reverses hair loss & promotes hair growth • Strengthens nails • Enhances skin regeneration • Anti-aging • Blood-building

### **Yellow Dock**

- Contains vitamins A & C, & minerals including phosphorus & calcium • High iron content & ability to facilitate iron absorption • High in antioxidants, the phytochemicals that help fight the oxidative damage caused to our cells by free radicals • Promotes absorption of nutrients, so is commonly used to treat problems of the hair, nails & skin • Powerful antibacterial & antifungal properties, excellent for skin problems such as rashes, dermatitis & psoriasis • Helps cleanse the body of toxins

### **Burdock**

- Contains carbohydrates, volatile oils, fatty oils & powerful antioxidants such as phenolic acids, quercetin & luteolin • Rich in fatty-acids to promote scalp health & encourage stronger hair growth • Also has anti-inflammatory, antifungal & antibacterial effects to combat skin disorders & boost overall health • Promotes hair growth & fights scalp disorders • Helps reduce swelling & joint pain from arthritis

### **Horsetail Rush**

- High in silica to strengthen weak bones, nails & hair, improving sheen & texture • Silica content reduces dandruff & split ends on hair • Silica-absorption ability helps form collagen to repair bone tissues by fixing calcium in the body • Contains selenium, a mineral essential for proper growth of hair by helping the body process iodine, which regulates hair growth • Develops & maintains healthy connective tissues • Strong anti-inflammatory & antioxidant properties help delay the aging process • Anti-wrinkle benefits • Rich in minerals to strengthen & repair weak & brittle nails & reduce white spots • Reduces baldness

### **Oat Straw**

- Plentiful supply of silica to support healthy skin, hair, nails & bones, & magnesium which promote scalp health & hair growth • Also high in calcium, other minerals, protein & the spectrum of B vitamins (except vitamin B-12) to make hair grow thicker & healthier • Reduces stress & its resulting hair fall