

BEAUTYWISE

Supplementing Beauty

(NAPSA)—The quality of your health may be written all over your face—and your nails, hair and skin. Experts say dry, sallow skin, lack-luster hair and brittle nails are just a few telltale signs of a poor diet or nutrient deficiency.



Specially formulated supplements blend a B vitamin called biotin with other key ingredients to help strengthen nails and give shine to hair.

So what's the best way to keep good health and beauty on your plate? Doctors say a balanced diet is key, as is drinking at least eight glasses of water every day. Certain types of supplements can play an important role as well—especially ones that are well balanced with specific blends of vitamins and minerals.

For instance, Nature's Bounty® Hair, Skin and Nails is a formulation with a targeted blend of 28 vitamins, minerals and antioxidants shown to help keep skin clear, nails strong and hair shiny. In addition, it provides 3,000 micrograms of biotin, a B vitamin linked to stronger, thicker nails.

For more information, visit www.naturesbounty.com or call (800) 433-2990.