



Skrzypolen 40+



Skrzypolen 40+ is a blend of plant extracts from field horsetail (*Equisetum arvense*) and common nettle (*Urtica dioica*). ¹**Field horsetail** contributes to normal condition of hair, skin and nails as well as to hair growth and strengthening of hair structure. ² **Common nettle** contributes to the renal water excretion. The common nettle extract

used in the product is standardized to 3% of silicic acid. Product also contains milled common flax (*Linum usitatissimum*) seeds.

Skrzypolen 40+ is **high in biotin** – daily dose contains as much as **2500 µg** of this nutrient.

Biotin contributes to the maintenance of normal hair and skin. It contributes to normal macronutrient metabolism and to normal energy-yielding metabolism.

Skrzypolen 40+ contains **hydrolyzed type I collagen** and sulphur-containing amino acids: **taurine and L-methionine**. Type I collagen is a dominant collagen form in the body, especially in skin. Sulphur-containing amino acids are necessary for the formation of keratin (a protein naturally occurring in skin, hair, eyelashes and nails).

Skrzypolen 40+ supplements diet in vitamins and minerals.

Vitamin A contributes to the maintenance of normal skin. **Vitamin E** contributes to the protection of cells from oxidative stress. **Vitamin D** contributes to the normal function of the immune system to the maintenance of normal muscle function and to the maintenance of normal bones.

Zinc and selenium contribute to the maintenance of normal hair and nails. **Copper** contributes to normal hair and skin pigmentation. Additionally, zinc contributes to normal DNA synthesis and normal protein synthesis as well as to normal carbohydrate metabolism, to normal metabolism of fatty acids and to normal metabolism of vitamin A.

Intended use: product is recommended for adults, especially women aged 40 years or more, to supplement their diet in ingredients contributing to the maintenance of normal skin, hair, eyelashes and nails.

Recommended use: 1 capsule two times a day, before or during a meal. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet. Maintaining normal health requires a varied and balanced diet and a healthy lifestyle.

Ingredients: field horsetail (*Equisetum arvense*) herb extract, gelatin (shell ingredient), milled common flax (*Linum usitatissimum* L.) seeds obtained through oil extraction, taurine, zinc gluconate, L-methionine, hydrolyzed type I collagen, common nettle (*Urtica dioica*) leaf extract, DL-alpha tocopheryl acetate, L-selenomethionine, retinyl acetate, anti-caking agent: magnesium salts of fatty acids, anti-caking agent: silicon dioxide, cupric gluconate, colour: titanium dioxide, D-biotin, cholecalciferol.

Daily dose (2 capsules) contains:

field horsetail (<i>Equisetum arvense</i>) extract	240 mg
milled flax (<i>Linum usitatissimum</i>)	136 mg
taurine	100 mg
L-methionine	60 mg
hydrolyzed type I collagen	50 mg
common nettle (<i>Urtica dioica</i>) leaf extract	40 mg
of which: silicic acid	1.2 mg
vitamin E	12 mg

Storage conditions: store in room temperature, in a dry and dark place. Food supplements should be stored out of reach of children.

zinc	10 mg
biotin	2500 µg (5000%*)

Country of origin: Poland

copper	1 mg (100%*)
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Pack:

vitamin A	800 µg (100%*)
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- 60 hardgel capsules

selenium	55 µg (100%*)
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vitamin D ₃	4 µg (800%*)
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* % of nutrient reference value	
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