

Complement Your Beauty Routine with Essential Nutrients

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SUPPLEMENTS THAT NOURISH HAIR, SKIN AND NAILS

When it comes to eating healthy, we all have good intentions but usually end up relying on processed food that may be high in energy, but **low** in nutrients.

If you've been visiting a fast food drive-through window more often than the fresh produce aisle of your local market, your hair, skin and nails may need an extra boost.

femMED Hair, Skin, & Nails is a comprehensive formula designed exclusively for women to repair and improve rough, dry skin and brittle nails and hair.

Doctor-formulated, the supplements contain key ingredients like amino acids, alpha lipoic acid, and silicon to promote full hair, strong nails, and healthy skin. Along with other vitamins and minerals, these nutrients help support healthy hair, skin and nails from the inside out.

Take **2 capsules daily** for 3-4 weeks and you'll likely be able to try out the hottest nail colors without any breakage.

Hair, Skin & Nails is suitable for vegetarians and gluten-free. femMED formulations are available at major Canadian retailers and at <http://www.femmed.com>.

Additional Tips for Improving Hair, Skin, and Nail Health

- Drink plenty of water.
- Make sure to eat antioxidant-rich fruits and vegetables and a sufficient amount of protein.
- Protect skin and hair against UV damage by using sunscreen and wearing a hat.

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