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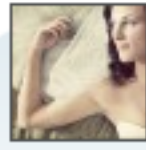
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The Secret for Beautiful Hair, Skin & Nails for Your Big Day

by NICOLE on MARCH 8, 2013

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Did you know that nutrient deficiency in women can cause hair loss, dry skin and dry, brittle nails? Who wants that for their wedding?! Not me!

That's where [femMED Hair, Skin & Nails](#) comes in!

femMED HAIR, SKIN & NAILS is specially formulated with 20 ingredients to help maintain healthy skin and to help repair brittle nails. That means healthy, glowing skin and healthy nails as you walk down the aisle.

Brides-to-be are busy ladies, and unfortunately, the busier we get, the more likely we are to eat poorly and reduce the number of nutrients we're getting, especially if we begin relying on processed foods. The result? Dull skin, weak nails and hair that looks dry and flat. Gross!

However, there are natural ingredients that can help restore your good looks and good health before your big day, and they're all available in femMED HAIR, SKIN & NAILS:

- MSM (Methylsulfonylmethane) has anti-inflammatory properties that protect the skin against the sun and environment.
- Alpha-lipoic acid has antioxidant properties that protect the skin against free radical damage.
- Amino acids L-Isoleucine, L-leucine, and L-valine benefit hair health.
- Biotin supports nail health.
- B-vitamins support the health of hair, skin and nails.
- Silicon can improve brittle hair and nails.
- Vitamins A and D are essential for healthy skin.

If you're someone who worries about the supplements you take, you can rest assured with femMED. femMED is a women's only line of supplements, made with the highest quality vitamins, minerals and herbs, all backed by research and clinical studies.

In addition, femMED HAIR, SKIN & NAILS is free of dairy, egg, gluten, yeast, artificial colors and flavors and is suitable vegetarians.

[Learn more about how you too can have beautiful hair, skin and nails.](#) Be sure to [add femMED Hair, Skin & Nails to your diet](#) to make sure you look your absolute best for your wedding, as well as the happy life that follows!

Disclosure: This contest is sponsored by femMED.



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