



# LIFE PRIORITY™

YOUR LIFE, OUR PRIORITY

Life Priority™ Designer Food® Formula  
From Durk Pearson & Sandy Shaw®

# HAIR & NAILS PRIORITY™

## MAINTENANCE NUTRITIONAL SUPPLEMENT

**HAIR & NAILS PRIORITY™** was designed by Durk Pearson & Sandy Shaw® for their own personal use. **HAIR & NAILS PRIORITY™** works by providing you with the nutrients required for the growth of healthy hair and nails.

**HAIR & NAILS PRIORITY™** capsules work from the inside to help create and maintain healthy scalp and follicles, as well as fingernails. Cysteine and biotin, important for hair and nails, are included along with a potent array of vitamins and minerals. This product was designed to provide increased levels of nutrients that hair requires for looking and growing its best.

The main nutrient, L-Cysteine Hydrochloride, an amino acid, is an important part of the structure of hair and nails. Cysteine is not found abundantly in many foods. The best dietary source is eggs, which contain about 200–500 mg of cysteine per egg. Since many people are not eating many eggs, possibly because of reducing fat and cholesterol in their diets, a supplemental source of cysteine can really help maintain or improve hair and nails. If you aren't getting much cysteine in your diet, your hair and nails may be shortchanged. This is because there are many other important things for which cysteine is required, for example the hormone insulin, to which cysteine is allocated before any is supplied to hair and nails. You can manage without long, strong hair and strong nails but you sure can't live without adequate supplies of insulin.

**HAIR & NAILS PRIORITY™** cannot cure male pattern baldness, but it supports to strengthen thin, weak hair such as you are likely to have in balding areas. One study on balding men given supplements of cysteine and gelatin found that the initial below-normal levels of cysteine in their hair rose to normal levels. If your hair is slow growing, you may notice very pleasing results over a period of a few months.

You can use **HAIR & NAILS PRIORITY™** along with our other formulations, including our **ONE-PER-MEAL LIFEGUARD™**. **ONE-PER-MEAL LIFEGUARD™**, a daily health maintenance, health enhancement formulation, delivers generous amounts of all 13 essential vitamins plus seven minerals, with potent antioxidant nutrients like C, E, and selenium. We have packed all this into three capsules a day, one with each meal.

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For more information, see our website

www.LIFEPRIORITY.com

Life Priority, established in 1994, offers supplements that are scientifically-formulated, results-oriented, and GRAS (Generally Recognized As Safe) and are manufactured at USDA and FDA inspected facilities.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



### Supplement Facts

Serving size 1 capsule  
Servings per container 120

Amount Per Serving	% Daily Value
Vitamin A 1877 mcg (as beta-carotene)	20%
Vitamin C 376 mg (as calcium ascorbate) 277 mg (as niacinamide ascorbate) 96 mg (as ascorbyl palmitate) 2.5 mg	420%
Vitamin D 1 mcg (as cholecalciferol, vitamin D3)	5%
Vitamin E (dl-alpha tocopherol) 11 mg	80%
Thiamin (vitamin B1 as thiamine hydrochloride) 1.2 mg	100%
Riboflavin (vitamin B2) 3 mg	230%
Niacin (vitamin B3) 40 mg (as niacinamide ascorbate) 32 mg (as nicotinic acid) 8 mg	250%
Vitamin B6 (as pyridoxine) 1.3 mg	80%
Folate (as folic acid) 170 DFE	40%
Vitamin B12 (as cyanocobalamin) 25 mcg	1040%
Biotin 250 mcg	800%
Pantothenic acid (Vitamin B5 as calcium pantothenate) 20 mg	400%
Calcium 34 mg (as calcium ascorbate) 32 mg (as calcium pantothenate) 2 mg	2%
Zinc (as zinc gluconate) 3.8 mg	35%
Selenium (as sodium selenite) 8 mcg	15%
Copper (as copper bisglycinate) 250 mcg	30%
Manganese (as manganese bisglycinate) 250 mcg	10%
Chromium (as chromium nicotinate glycinate) 25 mcg	70%
Cysteine 175 mg	†
Taurine 63 mg	†
Inositol 25 mg	†

† Daily Value not established.

**Other Ingredients:** Gelatin capsule, silicon dioxide.

#### SUGGESTED USE:

Take one capsule with meals and one at bedtime (4 capsules daily).

**Caution:** Not for use by children or by pregnant or lactating women. Not for use by anyone sensitive to any of the ingredients.

If you have kidney disease or the genetic metabolic defect 6-GPD deficiency, consult your physician before use.