Shiny Hair & Healthy Complexion is a synergy of natural extracts that helps to restore the healthy appearance of hair, skin and nails, improving their general condition and appearance.

Extract of millet seeds (*Panicum miliaceum*) standardised to contain 50% methionine.

Methionine from millet increases the synthesis of keratin (protein making up the hair and nails, also found in the skin’s epidermal layer), improving hair health and shine, as well as nail strength.

Bamboo stem extract (*Bambusa vulgaris*) standardised to contain 35% organic silica.

Organic silica from bamboo is an essential nutrient that increases collagen and elastin, improving hair and nail strength and skin elasticity, producing a more radiant appearance.

Brewer’s yeast (*Saccharomyces cerevisiae*) containing 100% of our NRVs* of B-group vitamins.

Brewer’s yeast is rich in B-group vitamins, which help to maintain healthy looking hair, skin and nails. Together with methionine, they also increase the number of hairs in the growth phase.

*NRVs: Nutrient Reference Values.

Health claims accepted by the following organisations:

Biotin contributes to the maintenance of normal hair and skin.

**Composition**

**INGREDIENTS:**
4 capsules contains: 500 mg brewer’s yeast (Lalmin ® B-complex Vitamins) (*Saccharomyces cerevisiae*) (1.1 mg

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vitamin B1 (Thiamin hydrochloride) (100% NRVs*), 1.6 mg vitamin B2 (Riboflavin) (100% NRVs), 16 mg niacin (Nicotinic acid) (100% NRVs), 1.4 mg vitamin B6 (Pyridoxine hydrochloride) (100% NRVs), 6 mg pantothenic acid (D-biotin) (100% NRVs), 500 mg millet seed dry extract (*Panicum miliaceum* L.) standardised to contain 50% DL-methionine (i.e. 250 mg), 100 mg bamboo stem dry extract (*Bambusa vulgaris* Schrad.) standardised to contain 35% organic silica (i.e. 35 mg).

*NRVs: Nutrient Reference Values.

**OTHER INGREDIENTS:**

Potato starch, vegetable-based capsule: hydroxypropylmethylcellulose.

**ALLERGENS:**

This product does not contain allergens (in accordance with Regulation (EU) No 1169/2011) nor genetically modified organisms.

**FABRICATION AND GUARANTEE:**

This dietary supplement is manufactured by a GMP-compliant laboratory GMPs are the good manufacturing practice guidelines for the European pharmaceutical industry. Their active principle content is guaranteed through regular tests, which can be viewed online.

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**Use**

**DIRECTIONS:**

4 capsules a day, with half a glass of water at mealtimes.

**WARNINGS:**

Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

**ADVICES:**

Does not replace a varied and balanced diet and a healthy lifestyle. If you are undergoing medical treatment, seek your therapist's advice. For adult use only. Keep out of reach of children.

**STORAGE INSTRUCTIONS:**

Store in a cool dry place away from sunlight.

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**Detailed information**

The pace of modern life can create stressful situations that have a direct influence on hair health and can lead to hair loss. A diet deficient in essential nutrients such as vitamins and amino acids also affects the condition and appearance of skin and nails. A nutritional supplement can help tackle problems such as brittle or lifeless hair, dull skin and brittle nails.

Our hair and nails are primarily made up of keratin, a fibrous protein with sulphur-containing amino acids such as methionine that produces soft, shiny, healthy-looking hair. This protein is also found in the skin’s epidermal layer.

Our product provides the body with essential nutrients that help restore the healthy appearance of hair, skin and nails, thanks to its composition based on millet seed extract (*Panicum miliaceum*), rich in methionine, and dry extract of bamboo stem (*Bambusa vulgaris*), rich in silica and Lalmin® B-ComplexVitamins (*Saccharomyces cerevisiae*), an inactive dry brewer’s yeast that provides 100% of our NRVs (Nutrient Reference Values) of B-group vitamins, while offering all the natural beneficial nutrients of yeast.
EXTRACTS USED:

**Ingredient name:** Brewer's yeast (Lalmin ® B-complex Vitamins)
**Scientific name:** *Saccharomyces cerevisiae*
**Part used:** Yeast

**Properties:**
- Thiamine or vitamin B1 deficiency causes changes in the skin and nails. (1)
- Niacin or vitamin B3 prevents pellagra, improving the condition of the skin, hair and nails. (2)
- Vitamin B5 or pantothenic acid acts as a humectant to improve the strength and suppleness of hair and nails. (2)
- Pyridoxine or vitamin B6 reduces hair loss, especially in the telogen effluvium (hair loss) phase. (3)
- Biotin helps to maintain healthy skin and hair. (4)
- Riboflavin helps to maintain healthy skin. (4)
- Niacin helps to maintain healthy skin. (4)

**Extract name:** Extract of millet seeds 50% DL-methionine.
**Scientific name:** *Panicum miliaceum* L.
**Part used:** Seeds

**Properties:**
- Methionine helps strengthen hair and nails. (2)
- The combination of brewer’s yeast with amino acids leads to a 10% increase in hair in growth phase. (5)

**Extract name:** Extract of bamboo stem 35% silica
**Scientific name:** *Bambusa vulgaris* Schard.
**Part used:** Stem

**Properties:**
- Silica is an essential compound in the skin, hair and nails. Its concentration in tissue decreases with age, leading to signs of ageing. (6)
- Silica causes an increase in the growth of collagen fibres (the principal protein in skin). (7)

4. COMMISSION REGULATION (EU) No 432/2012 of 16 May 2012 establishing a list of permitted health claims made on foods, other than those referring to the reduction of disease risk and to children’s development and health.