

SUGGESTED USE Consume one or more capsules daily or as recommended by a health care professional. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin and/or **Andrew LESSMAN'S Healthy Hair Skin and Nails** formula. **For answers to questions about the use of this product, call 800.808.7311.**



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PHYTOCERAMIDES WITH BIOTIN

NATURALLY ENHANCES SKIN MOISTURE

350 MG PLANT-BASED CERAMIDES • 500 MCG BIOTIN



240 Easy-to-Swallow Capsules

Andrew Lessman's PHYTOCERAMIDES with BIOTIN provides a concentrated source of plant-based Ceramides – the lipid-based molecules primarily responsible for the skin's ability to retain its moisture. The formula also includes 500 mcg of Biotin to ensure basic levels of the most essential of all beauty nutrients. Ceramides are the predominant lipid present in the critical, outermost protective layer of our skin (the Stratum Corneum of the Epidermis). Ceramides promote radiant, soft, smooth and supple skin by creating a protective barrier to prevent the loss of our skin's precious moisture. Ceramides also defend our skin from damaging external factors and are an essential part of the skin's normal growth and repair processes. It is well-established that the aging process results in lower Ceramide levels, and these reduced levels are associated with dry, rough, irritated and aging skin. Ceramide supplementation is a simple, logical response to these age-related changes in the composition of our skin. Billions of dollars are invested annually on external moisturizers and topical skin care, but intelligent skincare begins where skin is created – on the inside of our bodies. The external world constantly robs our skin of its precious moisture and Phytoceramides are Mother Nature's natural internal moisturizer to promote healthy, hydrated, radiant skin.

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.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 240

Amount Per Serving		%DV*
Biotin	500 mcg	1,667%
Phytoceramide Complex (gluten-free non-GMO wheat-derived extract) (standardized to ceramides and glucosylceramides 2-4%)	350 mg	†

* Percent Daily Value (%DV) are based on a 2,000 calorie diet.

† DV not established.

Other Ingredients: Soft-gelatin capsule (Gelatin, purified water, glycerin).