



vitafusion™

5 NUTRIENTS FOR GORGEOUS HAIR, SKIN, AND NAILS

Beauty isn't only about what lotions or creams you put on your body, it's also impacted by what you consume. Our hair and nails are always growing, and our skin constantly renews itself.

So, like a rose bush needs nutrients to grow beautiful roses, our bodies need **ongoing nourishment** to help us look our best. While there are many nutrients important for your body's health, there are specific nutrients that support beauty.

1. VITAMIN A

Vitamin A supports skin health from within.* There are two main forms of vitamin A:

- **Preformed vitamin A**, also known as retinol. It's found in animal sources like dairy, eggs, fish, and organ meats.
- **Provitamin A**, which is derived from carotenoids like beta-carotene. Foods like mangoes, cantaloupe, red peppers, and carrots are sources of beta-carotene.

2. BIOTIN

Biotin plays an important role in the metabolism of protein, fat, and carbohydrates to transform food into energy that your cells can use.* It also supports hair, skin, and nail health.*

Biotin is found in eggs, fish, meat, seeds, nuts, and sweet potatoes.

3. VITAMIN C

Vitamin C is a water-soluble antioxidant that supports collagen formation and helps fight free radicals in the body.*

Vitamin C is found in a wide variety of fruits and vegetables like citrus fruits, kiwifruit, broccoli, winter squashes, and bok choy.

4. VITAMIN E

Vitamin E is a fat-soluble antioxidant that helps to fight free radicals in the body.*

Vitamin E is found in nuts, oils, seeds, spinach, broccoli, and tomatoes.

5. ZINC

Zinc is an essential mineral that provides cell support.*

Zinc is found in both plant and animal-based sources, including oysters, red meat, poultry, seafood, beans, nuts, seeds, and dairy.

IT'S A BEAUTIFUL LIFE WITH VITAFUSION™ GUMMIES

Some search high and low for the best-kept beauty secrets, but **vitafusion™** has you covered.

Gorgeous Hair, Skin and Nails: Contains 11 essential nutrients, including vitamins A, C, E, and biotin to support luxurious hair, gorgeous skin, and nail health.* Plus, with a scrumptious raspberry flavor, you can feel good about unlocking your inner beauty.

vitafusion gummy vitamins can be a great addition to your routine so you can support your health and beauty every day.*

Brought to you by the **vitafusion™** nutrition experts

***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.**