

GLOW & GROW

Support for Healthy Hair, Skin, and Nails*

The health of hair, skin, and nails is deeply connected to nutrient status and cellular function. Skin, the body's largest organ, is composed of specialized cells—such as keratinocytes and melanocytes—that require a wide range of micronutrients and structural proteins for integrity and vitality. Hair and nails are extensions of this same system, built primarily from keratin and collagen-dependent structures.*

The Glow & Grow formula is designed to nourish these tissues from the inside out. This updated blend combines clinically relevant doses of collagen peptides, methylsulfonylmethane (MSM), a targeted amino acid complex, the potent antioxidant carotenoid astaxanthin, trace minerals, and key vitamins to promote structural strength, elasticity, and resilience, supporting beauty and wellness at a cellular level for a renewed sense of strength, health, and confidence.*

Supplementation with Glow & Grow may also include these additional benefits:

- Supports healthy skin hydration, tone, and elasticity*
- Promotes strong, resilient nails*
- Encourages healthy hair growth and shine*
- Provides antioxidant support against oxidative stress*
- Supports collagen and keratin synthesis*



GLUTEN-FREE



DAIRY-FREE



NON-GMO



CGMP FACILITY

How Glow & Grow Works

Collagen and MSM for Connective Tissue Health*

Collagen is the primary protein in connective and epithelial tissues, providing structure and elasticity. Supplementation supports dermal integrity, hydration, and firmness, while also contributing to nail strength and hair resilience.¹⁻⁴ MSM provides bioavailable sulfur, a building block for keratin and collagen, promoting flexibility and repair in skin and hair structures.⁵⁻⁷

AstaReal® Astaxanthin for Antioxidant Protection*

Astaxanthin, a naturally occurring carotenoid, is one of the most powerful antioxidants for skin health.* Research shows it helps neutralize free radicals generated by UV exposure, supports skin hydration, reduces visible signs of aging, and protects against oxidative stress that can weaken hair and nail integrity.⁸⁻¹¹

How Glow & Grow Works Continued

Amino Acid Blend for Keratin and Collagen Synthesis

The formula includes glycine, proline, lysine, methionine, and N-acetylcysteine (NAC)—critical amino acids that support collagen cross-linking and serve as sulfur donors for keratin synthesis.^{12,13} Together, these amino acids enhance the structural foundation of hair, skin, and nails while supporting red blood cell health and nutrient delivery to tissues.¹⁴⁻¹⁶

Vitamins and Minerals for Cellular Vitality*

This comprehensive blend delivers high-potency biotin, pantothenic acid, and a spectrum of vitamins A, C, and E for antioxidant defense and healthy cell metabolism.^{17,18} Essential trace minerals—including zinc, copper, manganese, iodine, and a broad trace mineral complex—support enzymatic reactions involved in collagen production, keratin structure, and healthy pigmentation.^{19,20} Albion® chelated minerals ensure optimal absorption and bioavailability. By combining collagen, MSM, amino acids, astaxanthin, essential vitamins, and bioavailable minerals, this formula nourishes tissues at the cellular level to promote outward radiance and inner strength.²¹

Supplement Facts

Serving Size: 4 Capsules

Servings Per Container: 30

	Amount Per Serving	%DV*
Vitamin A (50% as beta carotene and as retinyl palmitate)	1,650 mcg RAE	183%
Vitamin C (as calcium ascorbate)	70 mg	78%
Vitamin E (as d-alpha tocopheryl succinate)	23 mg	153%
Biotin	5,000 mcg	16,667%
Pantothenic Acid (as d-calcium-pantothenate)	100 mg	2,000%
Iodine (from kelp thallus extract)	155 mcg	103%
Zinc (as zinc bisglycinate chelate) (Albion®)	30 mg	273%
Copper (as copper citrate)	2 mg	222%
Manganese (as manganese bisglycinate chelate) (Albion®)	2 mg	87%
MSM (methylsulfonylmethane)	250 mg	**
Hydrolyzed Bovine Collagen	250 mg	**
45 Trace Mineral Blend	75 mg	**
Astaxanthin (from <i>Haematococcus pluvialis</i> algae extract) (AstaReal®)	3 mg	**
Silica (from horsetail extract; herb; <i>Equisetum arvense</i>)	2 mg	**

	Amount Per Serving	%DV*
Amino Acid Blend		
Glycine	300 mg	**
L-Proline	250 mg	**
L-Lysine HCl	250 mg	**
NAC (n-acetyl l-cysteine)	250 mg	**
L-Methionine	50 mg	**

Other Ingredients: Gelatin, microcrystalline cellulose, vegetable stearic acid, vegetable magnesium stearate, silica. AstaReal® is a registered trademark of Fuji Chemical Industries. Albion® is a registered trademark of Balchem Corporation or its subsidiaries. Co., Ltd.



Directions: Take four capsules daily with food as a dietary supplement or as directed by your healthcare practitioner. Do not exceed recommended dosage unless directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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*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.

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