



Hair, Skin & Nails

Nutrient Complex

Food Supplement
including vitamins, minerals
and amino acids

High Potency
60 Vegetarian Capsules

Manufactured in the UK
Solo Nutrition Ltd.
RH11 8SZ England
info@solonutrition.co.uk

Visit our website:
solonutrition.co.uk

For best before date
& batch number see
base of bottle.

Hair, Skin & Nails Nutrient Complex Food Supplement

This all in one comprehensive blend contains hair and nail strengthening nutrients, along with important vitamins for soft supple skin.

INGREDIENTS: Two (2) vegetarian capsules provide: %ECRDA

		%ECRDA			%ECRDA
Vegetable Cellulose capsules (2)	250mg		Inositol	10mg	
Vitamin C (Magnesium Ascorbate)	100mg	125	Lipoic acid	5mg	
Vitamin E (d-alpha Tocopheryl succinate) (121iu)	100mg	833	Boron (Amino Acid Chelate)	1mg	100
PABA (Para Aminobenzoic Acid)	75mg		Copper (Amino Acid Chelate)	1mg	100
Vitamin B5 Calcium Pantothenate	75mg	1250	Vitamin A (Acetate) 2664iu	800µg	100
Calcium (Citrate)	50mg	6.25	Biotin pure	600µg	1200
L.Cysteine	50mg		Folic acid	400µg	200
Horse tail (supplying natural silica)	50mg		Iodine (Potassium Iodine)	150µg	100
L. Lysine	50mg		Selenium (Methionine)	75µg	136
Magnesium (Citrate)	50mg	13.3	Vitamin B12 Cyanocobalamin	25µg	1000
L Methionine	50mg		Vitamin D2 Ergocalciferol (vegetarian)	10µg	200
L. Proline	50mg		ECRDA – European Community Recommended Daily Allowance.		
Vitamin B1 Thiamin HCL	20mg	1818	Suitable for Vegetarians and Vegans. Hypoallergenic formula		
Vitamin B2 Riboflavin	20mg	1428	100% active ingredients.		
Vitamin B3 Nicotinamide	20mg	125	Contains NO: gluten, wheat, lactose, dairy, added sugars,		
Vitamin B6 Pyridoxine HCL	20mg	1428	added salt, preservative, colourings, yeast or starch.		
Natural Beta Carotene / Carotenoid mix (from D.Salina Algae eqv. to Vitamin A providing typical analysis)	15mg		Directions for use: As a food supplement for adults, take two (2) vegetarian capsules daily with food or as directed by a healthcare professional.		
beta carotene	15mg		Tamper resistant outer and cap seal for your added security.		
alpha carotene	500µg		Do not use if either are broken.		
cryptoxanthin	130µg		Freshness and potency assured if stored in a cool dry place.		
zeaxanthin	100µg		Keep out of sight and reach of children. Not for use during pregnancy or lactation, unless directed by a healthcare professional.		
lutein	86µg				
Zinc (Citrate)	15mg	150			
Iron (Bisglycinate)	10mg	71			
Choline Bitartrate	10mg				



Well Being for Women™

Nutrient complex

Food Supplement

Includes Soya Isoflavones
Black Cohosh & Dong Quai

High Potency
60 Vegetarian Capsules

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Well Being for Women™ Food Supplement

INGREDIENTS: Two (2) vegetarian capsules provide: %ECRDA

Vegetable Cellulose capsules (2)	250mg	
Vitamin C (magnesium ascorbate)	150mg	187.5
Soya Isoflavones ext. (2.5% GMO free)	100mg	
Vitamin E (d-alpha Tocopheryl succinate) 66.5iu	55mg	458
Calcium (Citrate)	50mg	6.25
Magnesium (Citrate)	50mg	13.33
Black Cohosh PE 4:1	30mg	
Chaste Berry (Agnus Castus)	25mg	
Dong Quai extract 4:1	25mg	
Motherwort	25mg	
Mexican Yam extract 10:1	25mg	
PABA (Para Aminobenzoic Acid)	25mg	
Vitamin B1 Thiamin HCL	20mg	1818
Vitamin B2 Riboflavin	20mg	1428
Vitamin B3 Nicotinamide	20mg	125
Vitamin B5 Calcium pantothenate	20mg	333
Vitamin B6 Pyridoxine HCL	20mg	1428
Potassium (Citrate)	20mg	1.0
Zinc (Citrate)	15mg	150
Iron (Bisglycinate)	14mg	100
Betaine HCL	10mg	
Choline Bitartrate	10mg	
Inositol	10mg	
L Tyrosine	10mg	
Hesperidin complex	10mg	
Rutin	10mg	
Manganese (Gluconate)	5mg	250
Boron (Amino Acid Chelate)	3mg	
Copper (Gluconate)	1mg	100
Natural Beta Carotene/Carotenoid mix (from D. Salina Algae)	850µg	
	12mg	

%ECRDA

		%ECRDA
equiv. to vitamin A.149.9µg providing typical analysis:		
beta carotene	850µg	
alpha carotene	31.5µg	
cryptoxanthin	9µg	
zeaxanthin	4.5µg	
lutein	4.5µg	
Vitamin A	800µg	100
Folic acid	400µg	200
Chromium (Picolinate)	200µg	500
Selenium (Methionine)	200µg	363
Iodine (Potassium Iodine)	150µg	100
Biotin pure	100µg	200
Molybdenum	50µg	100
Vitamin B12 Cyanocobalamin	25µg	1000
Vitamin K1	20µg	26.6
Vitamin D2 Ergocalciferol (vegetarian)	10µg	200

ECRDA – European Community Recommended Daily Allowance.
Suitable for Vegetarians and Vegans. Hypoallergenic formula
100% active ingredients.

Contains NO: gluten, wheat, lactose, dairy, added sugars,
added salt, preservative, colourings, yeast or starch.

Directions for use: As a food supplement for adults, take
two (2) vegetarian capsules daily with food or as directed by a
healthcare professional.

Tamper resistant outer and cap seal for your added security.
Do not use if either are broken.
Freshness and potency assured if stored in a cool dry place.

Keep out of sight and reach of children.
Not for use during pregnancy or lactation, unless directed by a
healthcare professional.



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Rhodiola Root

ONE A DAY

Food Supplement
Standardised Extract and Raw Herb

High Potency
60 Vegetarian Capsules

Rhodiola Root (*Rhodiola Rosea*)

Food Supplement

Standardised extract and raw herb.

No ECRDA established for this product.



INGREDIENTS: One (1) vegetarian capsule provides:

Standardised Rhodiola Root extract (5:1) (3% Rosavins 1% Salidroside 40% Polyphenols) potency equivalent to 2000mg of Rhodiola Root extract and raw herb powder	350mg
Raw Rhodiola Root herb powder	250mg
Vegetable Cellulose capsule	120mg

Suitable for Vegetarians and Vegans.

Solo's Rhodiola Root 2000mg High Potency represents the total active herb constituents. This is equivalent in actual milligram weight of the raw herb and the herb extract.

Hypoallergenic formula 100% active ingredients.

Contains NO: gluten, wheat, lactose, dairy, added sugars, added salt, preservative, colourings, yeast or starch.

Directions for use: As a food supplement for adults, take one (1) vegetarian capsule daily with food or as directed by a healthcare professional.

Tamper resistant outer and cap seal for your added security. Do not use if either are broken.

Freshness and potency assured if stored in a cool dry place.

Keep out of sight and reach of children. Not for use during pregnancy or lactation, unless directed by a healthcare professional.



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Siberian Ginseng

ONE A DAY

Food Supplement
Standardised extract equivalent
to 1000mg
High Potency
60 Vegetarian Capsules

Siberian Ginseng 1000mg

Food Supplement

Standardised extract.

No ECRDA established for this product.



INGREDIENTS: One (1) vegetarian capsule provides:

Standardised Siberian Ginseng extract (5:1) (providing 1.6mg Eleutheroside E and Eleutheroside B potency equivalent to of whole herb)	200mg 1000mg
Vegetable Cellulose capsule	100mg
In a base of vegetable magnesium stearate and silica.	

Suitable for Vegetarians and Vegans.

Solo's Siberian Ginseng 1000mg high potency represents the total active herb constituents.

Contains NO: gluten, wheat, lactose, dairy, added sugars, added salt, preservative, colourings, yeast or starch.

Directions for use: As a food supplement for adults, take one (1) vegetarian capsule daily with food or as directed by a healthcare professional.

Tamper resistant outer and cap seal for your added security. Do not use if either are broken.

Freshness and potency assured if stored in a cool dry place.

Keep out of sight and reach of children. Not for use during pregnancy or lactation, unless directed by a healthcare professional.



Advanced Vitamin B Complex

ONE A DAY

Food Supplement
with Magnesium and L-Glycine

High Potency
60 Vegetarian Capsules

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Advanced Vitamin B Complex Food Supplement

This superior blend contains three forms of magnesium along with enzymes to assist in the appropriate distribution of the nutrients.

INGREDIENTS: One (1) vegetarian capsule provides: %ECRDA

%ECRDA

Vegetable Cellulose capsule	100mg		Vitamin B6 Pyridoxine HCL	25mg	1785
Vitamin B1 Thiamin HCL	50mg	4545	Lipase	10mg	
Vitamin B2 Riboflavin	50mg	3571	Silica (Dioxide)	10mg	
Vitamin B3 Nicotinamide	50mg	312	Amylase	5mg	
Vitamin B5 Calcium pantothenate	50mg	833	Protease	5mg	
Magnesium (Ascorbate)	50mg	13.33	Vitamin B6 (Pyridoxal-5-phosphate)	5mg	357
Providing ascorbic acid (Vitamin C)	42.5mg	53.1	Magnesium (Amino acid chelate)	4mg	1.0
Magnesium	7.5mg	2.0	Magnesium (Gluconate)	510µg	0.13
Choline Bitartrate	30mg		Folic acid (Folacin)	400µg	200
L-Glycine	30mg		Biotin pure	50µg	100
Inositol	30mg		Vitamin B12 Cyanocobalamin	25µg	1000
PABA (Para Aminobenzoic Acid)	30mg				

ECRDA – European Community Recommended Daily Allowance. Suitable for Vegetarians and Vegans.

Hypoallergenic formula 100% active ingredients.

Contains NO: gluten, wheat, lactose, dairy, added sugars, added salt, preservative, colourings, yeast or starch.

Directions for use: As a food supplement for adults, take one (1) vegetarian capsule daily with food or as directed by a healthcare professional.

Tamper resistant outer and cap seal for your added security. Do not use if either are broken.

Freshness and potency assured if stored in a cool dry place.

Keep out of sight and reach of children. Not for use during pregnancy or lactation, unless directed by a healthcare professional.