

Beauty In & Out 30 Capsules

EAN: 8470002008021 FABRICANTE: MARNYS



Beauty In Out capsules are a nutricosmetic supplement in capsules that provides beauty and luminosity to the skin, hair and nails all year round, thanks to the synergistic properties of its ingredients: marine collagen, omegas, vitamins and minerals.

DESCRIPTION

Properties of Beauty In & Out Capsules active ingredients

The active **ingredients** of **Beauty In & Out Capsules** accentuate the beauty of your skin, hair and nails by:

- Vitamin C: Contributes to the normal production of collagen for normal skin function.
- Marine collagen: Provides natural protein content for the structure and texture of skin, hair and nails.
- Omegas 3, 6 and 9: The selection of **Omegas 3, 6 and 9**, which are **essential fatty acids**, intensely nourish the skin structure. In particular, Salmon Oil is rich in Omega-3 (EPA and DHA), Olive Oil in Omega-9 (oleic acid) and Borage Oil contains Omega-6 (gamma-linoleic acid).
- L-methionine and L-cystine: These are amino acids that are found naturally in our body and participate in the production of **keratin**, a protein that forms a structural part of hair and nails.
- B vitamins: **Vitamin B2 (riboflavin)**, **Vitamin B3 (niacin or niacinamide)** and **Vitamin B7 (biotin)** contribute to the normal maintenance of skin and mucous membranes. Biotin (vitamin B7) also contributes to the normal maintenance of hair. **Vitamin B5** (pantothenic acid) contributes to the normal production and metabolism of vitamin D.
- Vitamin E: **Vitamin E** contributes to cellular protection from oxidative damage.
- Zinc: Contributes to the normal maintenance of hair and nails.
- Magnesium: Contributes to normal protein production.

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- Iron: Contributes to the normal transport of oxygen in the body.

Who is Beauty In & Out Capsules recommended for?

Beauty In & Out Capsules is the ideal nutricosmetic to promote beautiful skin **all year round** for people who want to maintain its **smoothness and luminosity**.

Also for people who, due to their daily routine or age, want an extra dose of nutricosmetics for the structure of their **skin, hair and nails**.

Instructions for use

1 capsule daily.

What are the ingredients of Beauty In & Out Capsules?

Salmon oil, olive oil, **marine collagen**, borage oil, vitamin C, L-methionine, L-cysteine, magnesium sulfate, ferrous sulfate, niacin, vitamin E, pantothenic acid, zinc oxide, vitamin B6, riboflavin, thiamine, folic acid, biotin, vitamin B12, **soybean** oil, **soy** lecithin and beeswax.

Capsule composition: gelatin, glycerin, black iron oxide, red iron oxide and water.

ALLERGENS: Contains fish and soy ingredients

ACTIVE INGREDIENTS	PER CAPSULE	%NRV
Salmon Oil (Omega 3)	230 mg	?
Olive Oil (Omega 9)	150 mg	?
Marine Collagen	150 mg	?
Borage Oil (Omega 6)	60 mg	?
Vitamin C	60 mg	75
L-methionine	50 mg	?
L-cystine	50 mg	?
Nicotinamide	18 mg	113

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ACTIVE INGREDIENTS	PER CAPSULE	%NRV
Natural Vitamin E (d-?-tocopherol)	10 mg	83
Iron	7 mg	50
Magnesium	6 mg	?
Pantothenic acid	5.5 mg	92
Zinc	3 mg	30
Vitamin B6	1.8 mg	129
Riboflavin	1.6 mg	114
Thiamine	1.4 mg	127
Folic acid	150 ?g	75
Biotin	66 ?g	132
Vitamin B12	1 ?g	40

%NRV (Nutrient Reference Value)

When do you start to notice the results of Beauty In & Out Capsules?

The formulation of **Beauty In & Out Capsules** contains a combination of Omega 3, 6 and 9 fatty acids, Marine Collagen, amino acids, vitamins and minerals. Studies that have been carried out with the combination of collagen, fatty acids and protein-building sources (amino acids) reveal positive effects within 3-4 months of use, since its intake is considered to be for the maintenance of skin, hair and nails.

How long do I have to take Beauty In & Out Capsules?

The duration of the product intake will depend on the condition of your skin, hair and/or nails. The general recommendation is to use it for a minimum period of 3 months and wait for the results to start again for another trimester if necessary.

Can I take Beauty In & Out Capsules together with Beauty In & Out Elixir?

Yes, the recommendation is as follows:

1. Start taking **Beauty In & Out Elixir** for at least 8 weeks.



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2. After observing the results, continue with **Beauty In & Out Capsules** to maintain the positive effects, for at least 1 trimester and then validate the results, to continue with this format.

Suggested times will depend on the condition of your skin, hair and nails, and the desired effects.

Is Beauty In & Out Capsules suitable for vegans?

No, **Beauty In & Out Capsules** contain marine collagen so they are not suitable for vegans.

Is Beauty In & Out Capsules suitable for diabetics?

No, **Beauty In & Out Capsules** contain glycerin, a polyalcohol that converts into sugars, so it is not suitable for diabetics.

Does Beauty In & Out Capsules contain gluten?

Beauty In & Out Capsules do not contain gluten, so it is a product suitable for celiacs.

Do Beauty In & Out Capsules contain any allergens?

Yes, it contains **fish and soy** ingredients.

Can pregnant or breastfeeding women take Beauty In & Out Capsules?

In the case of pregnant or breastfeeding women, consult your doctor or physician.

Can I take Beauty In & Out Capsules together with another food supplement or nutricosmetic?

Yes, **Beauty In & Out Capsules** can be taken at the same time as other dietary supplements, vitamins and minerals. If you have any questions, please consult your doctor or physician.

What is 'In & Out' nutricosmetics?

The concept of '**In & Out**' refers to taking care of yourself inside and out. The use of nutricosmetics is undoubtedly positive, always as a complement to a balanced diet.

