

**Please read this instruction insert thoroughly before using Purafil, as it contains necessary information for effective use.**

### **Product Description:**

Purafil is a breakthrough beauty supplement, which is specially formulated to nourish your skin, hair, and nails from within. Packed with key ingredients like biotin, zinc, and selenium, it is designed to support a healthy and radiant appearance. Purafil provides micronutrients, which helps support activity at cellular level where the real building and repair work take place. Experience the difference with Purafil and discover the benefits of our latest and one of its kind formula for enhanced beauty and well-being.

This formulation has evidence-based scientific rationale and such similar formulations are already being used in United Kingdom and Europe with a history of consumer satisfaction.

**Biotin:** Biotin, also known as Vitamin B7, plays a crucial role in maintaining healthy hair, skin, and nails. This essential nutrient supports the production of keratin, a key protein that strengthens and protects these tissues. For hair, biotin helps to enhance growth, reduces brittleness, and improves overall texture, making it appear fuller and shinier. In terms of skin, biotin contributes to a healthy complexion by supporting the metabolism of fatty acids, which are vital for maintaining skin hydration and elasticity. Additionally, biotin promotes nail strength and resilience, reducing the likelihood of brittleness and breakage. By integrating biotin into your diet or supplement routine, you can support the vitality and robustness of your hair, skin, and nails, contributing to their overall health and appearance.

### **Biotin for hair**

Biotin supplements benefit with certain medical conditions affecting hair growth, such as alopecia.

### **Biotin for skin**

Biotin play role in various skin conditions like dermatitis, acne scarring, and also prevent skin from aging.

**Zinc:** Plays a vital role in maintaining normal skin, hair

health, and supports the immune system. For hair, zinc is crucial in the growth and repair of tissues, including hair follicles. It helps to regulate oil production in the scalp, which can prevent dryness and reduce the risk of dandruff and other scalp conditions. Zinc also contributes to the proper functioning of hormones that influence hair growth, potentially reducing hair loss and promoting thicker, healthier strands.

When it comes to skin health, zinc acts as a powerful antioxidant, protecting skin cells from oxidative stress and damage caused by environmental factors like UV radiation and pollution. It also plays a role in wound healing and reducing inflammation, which can help manage conditions such as acne and eczema. By supporting the skin's natural barrier function and promoting cellular regeneration, zinc helps to maintain a clear, vibrant complexion. Overall, incorporating adequate zinc into your diet or skincare routine can contribute to the improved health and appearance of both hair and skin.

**Selenium** is a crucial mineral that offers substantial benefits for the health of your hair, skin, and nails.

For **hair**, selenium supports the growth and vitality of hair by protecting hair follicles from oxidative damage. Its antioxidant properties help to combat free radicals, which can impair hair health and lead to thinning or loss. By contributing to the production of proteins vital for hair structure, selenium aids in maintaining strong and resilient strands.

In terms of **skin**, selenium help to preserve skin integrity and youthful appearance by neutralizing free radicals that contribute to premature aging. This mineral supports skin health by enhancing the body's antioxidant defenses, which helps to reduce inflammation and promotes healing, resulting in a more even and vibrant complexion.

When it comes to **nails**, selenium enhances their strength and durability. It assists in preventing damage by protecting nail tissues from oxidative stress, which can lead to weakness and breakage. By supporting the overall health of your nails, selenium contributes to their growth and resilience.

Overall, selenium works synergistically with other nutrients like zinc and biotin to enhance the health and appearance of your hair, skin, and nails, helping you maintain their strength and beauty.

**Marine collagen:** Marine collagen is rich in amino acids, particularly glycine and proline, which are vital for collagen synthesis in the skin. This can enhance skin elasticity and hydration, reducing the appearance of fine lines and wrinkles.

Collagen provides structural support to hair follicles. It may help to strengthen hair strands, reducing breakage and promoting healthier growth.

Collagen can improve nail strength and reduce brittleness, helping to prevent splitting and breaking.

**Horsetail Botanical Extract:** Rich in silica, horsetail extract promotes collagen synthesis, which enhances skin elasticity and firmness.

Horsetail is rich in silica, a mineral that is believed to strengthen hair strands, promoting overall hair health and shine. It contains antioxidants that can help to protect hair follicles from damage caused by free radicals, potentially preventing hair loss. Its anti-inflammatory properties might help soothe the scalp, reducing dandruff and promoting a healthier environment for hair growth.

**Grape Seed Extract:** Grape seed extract is high in antioxidants, particularly oligomeric proanthocyanidins, which protect skin cells from oxidative damage and support collagen production. This can improve skin tone and elasticity. It also enhances hair health by reducing oxidative stress and supporting circulation to the scalp.

**L-Cysteine:** L-cysteine is another sulfur-rich amino acid that helps in the formation of keratin, improving hair strength and reducing hair loss. It also supports skin health by contributing to antioxidant defense and enhancing the integrity of skin tissues.

**Inositol:** Inositol is a carbohydrate that is often categorized as a member of the Vitamin-B complex, although it isn't technically a vitamin. Its role in promoting hair, skin, and nail health. It is involved in phosphatidylinositol signaling pathway, which is crucial for cell function. This can support hair follicle growth and overall skin health. Inositol plays a role in fat metabolism and can help to maintain healthy cellular structures, which supports the integrity of hair, skin, and nails.

**L-Methionine:** L-methionine is an essential amino acid that provides sulfur, a crucial component for the synthesis of keratin and collagen. It supports strong hair growth, enhances skin repair, and contributes to nail strength.

**Coenzyme Q10 (CoQ10):** CoQ10 is a powerful antioxidant that helps to protect skin cells from oxidative stress and supports energy production in cells. For hair, it can improve the health of hair follicles and promote growth. It also aids in reducing the appearance of fine lines and wrinkles in the skin.

**Citrus Bioflavonoids:** Citrus bioflavonoids have strong antioxidant properties that help to protect skin cells from damage caused by UV radiation and pollution. They support healthy circulation, which can improve skin tone and reduce signs of aging, and also promote the health and strength of hair and nails by enhancing nutrient absorption.

These ingredients, when combined, provide a synergistic effect that supports the strength, appearance, and overall health of hair, skin, and nails through various mechanisms including antioxidant protection, collagen and keratin synthesis, and improved nutrient utilization.

**Natural Mixed Carotenoids** provide Antioxidant Protection. It helps to neutralize free radicals, reducing oxidative stress, which can damage hair follicles and skin cells.

Beta-carotene, in particular, is converted to vitamin A in the body, which is crucial for skin health, promoting cell turnover and repair helping to maintain skin hydration and elasticity.

Adequate intake of carotenoids can improve overall nutrition, supporting the hair growth cycle and potentially reducing hair loss.

The antioxidant and anti-inflammatory properties of carotenoids may contribute to healthier nails by reducing brittleness and promoting overall nail integrity.

**Vitamin D** supports hair growth by enhancing the health of hair follicles and reducing hair shedding. For skin, it aids in maintaining a healthy barrier and can improve conditions like eczema, while also promoting strong, resilient nails.

# Purafil

Product Information

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**Vitamin E:** Provides powerful antioxidant protection, aiding in the prevention of skin damage from environmental stressors.

**Vitamin C:** Helps in the production of collagen, which is crucial for maintaining skin & nails elasticity and strength.

**B Vitamins (B1, B2, B12, B5, B3):** Vitamins B1 (thiamine), B2 (riboflavin), B12 (cobalamin), B5 (pantothenic acid), and B3 (niacin) collectively play crucial roles in the health of hair, skin, and nails. Vitamin B1 and B2 support cellular energy production and antioxidant protection, which helps to maintain healthy skin and robust hair follicles. B12 promotes the formation of red blood cells, enhancing oxygen delivery to tissues, which supports vibrant skin and strong nails. B5 contributes to the synthesis of coenzyme A, vital for energy metabolism and maintaining hair and skin health, while B3 supports skin barrier function and improves blood flow to the scalp, fostering hair growth and maintaining skin vitality.

**Folic acid, iron, magnesium, copper, iodine, chromium, and manganese** are essential nutrients which significantly impact the health of skin, hair, and nails. **Folic acid** supports cellular division and repair, crucial for maintaining healthy skin and promoting hair growth. **Iron** is vital for oxygen transport in the blood, ensuring adequate delivery to hair follicles and skin cells, which can prevent hair loss and support a healthy complexion. **Magnesium** aids in enzyme function that supports protein synthesis, crucial for healthy hair and skin. **Copper** is involved in the production of melanin, which influences hair color and skin tone, and supports the formation of collagen and elastin, essential for skin elasticity and strength. **Iodine** helps regulate thyroid function, which can impact hair growth and skin health. Chromium enhances glucose metabolism, which can influence skin health by stabilizing blood sugar levels. **Manganese** supports collagen synthesis and has antioxidant properties that protect skin and hair cells from oxidative damage. Together, these nutrients contribute to the strength, appearance, and overall health of hair, skin, and nails.

#### Formulation Benefits:

Purafil is the only beauty supplement with 27 key

ingredients, which play vital role in rejoicing skin, hair and nails.

**Skin Health:** Supports skin structure and helps maintain a youthful appearance.

**Hair and Nails:** Contributes to the health and strength of hair and nails, promoting their natural growth.

**Energy Support:** Helps in the release of energy from food, supporting overall vitality.

**Antioxidant Protection:** Provides protection against oxidative damage, helping to safeguard your cells.

#### Recommended Dosage:

**First Month:** one tablet in morning & one in the evening with meal.

**Maintenance dose:** one tablet daily with your main meal (morning or evening)

Swallow the tablet as whole with a glass of water, milk or fresh juice.

This product is suitable for the age of 15 years and above.

Do not exceed the recommended daily dosage.

#### Warnings:

This product is intended to be a dietary supplement and should not replace a balanced diet.

If you are pregnant, breastfeeding, have a medical condition, or are taking other medications, consult your healthcare provider before use.

#### Storage Conditions:

Keep out of reach of children.

Store in a cool, dry place, away from direct sunlight and moisture.

#### Additional Information:

All the ingredients are from Halal source

Suitable for vegetarians.

Men can also use this supplement.

Free from artificial colors, flavors, and preservatives.

Does not contain gluten, dairy, or soy.

#### Note:

- ✓ Please read all packaging and insert information carefully.
- ✓ Take this insert with you, you may need to read this information again to motivate yourself for better skin, longer and strong hair and stronger and shiny nails.
- ✓ For further details or inquiries, visit our website ([www.gynakies.com](http://www.gynakies.com))

# Purafil

Product Information

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Ingredients	Hair	Nail	Skin
Biotin	✓	✓	
Zinc	✓		
Selenium			✓
Marine collagen	✓	✓	✓
Horsetail Botanical Extract	✓	✓	✓
Grape Seed Extract		✓	
L-Cysteine	✓	✓	✓
Inositol			
L-Methionine	✓	✓	
Coenzyme Q10	✓	✓	
Citrus Bioflavonoids	✓	✓	✓
Natural mixed carotenoids	✓	✓	✓
Vitamin D	✓	✓	✓
Vitamin E	✓		✓
Vitamin C	✓	✓	✓
Thiamin (Vit B1)	✓		
Riboflavin (Vit B2)	✓		✓
Niacin (Vit B3)	✓	✓	✓
Folic Acid	✓	✓	✓
Vitamin B12	✓		✓
Pantothenic Acid (Vit B5)	✓		
Magnesium			✓
Iron	✓		✓
Copper	✓	✓	
Manganese	✓		✓
Chromium	✓	✓	
Iodine		✓	



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