

CONSUMER INFORMATION

Hair growth cycle follows a pattern which is 3 to 7 years. Each follicle, independently of the other, passes through the stages of activity and rest. The anagen or growth phase is longer and lasts between 3 and 7 years, after this phase, the hair stops growing and falls a few weeks later. After a resting phase for a few months, the follicle re-enters activity and begins a new phase of growth. Under normal conditions about 14% of hair is renewed annually. On an adult healthy scalp, between 80-95% of the follicles are in the anagen phase (growth).

Personal or external factors (unbalanced diets and/or weight control, stress, excessive exposure to seawater or sun, dyeing or bleaching hair, etc.), can weaken the hair and/or cause fragile and brittle nails.

PIL-FOOD® COMPLEX is a food supplement that provides:

Amino acids:	L-Cystine L-Methionine
Minerals:	Zinc Iron Manganese Copper
Vitamins:	Biotin Vitamin E Pantothenic Acid (Vitamin B ₅) Pyridoxine (Vitamin B ₆) Riboflavin (Vitamin B ₂)
Other nutrients:	Gelatin Acid Gamma - Linolenic

Zinc helps maintain healthy hair and nails.

Biotin helps to maintain healthy hair.

Copper contributes to normal hair pigmentation.

Food supplements may not be taken to replace a varied and well-balanced food diet or a healthy lifestyle.

DIRECTIONS FOR USE

The recommended dose for adults is 3 capsules per day, during for a minimum of 3 – 6 months to see benefits.

The capsules must be swallowed during meals with an adequate amount of liquid (water, fruit juices, etc).

Do not take a double dose to make up for a forgotten dose. Continue taking PIL-FOOD® COMPLEX at your next scheduled time.

Do not administer to children under 12 years of age.

PIL-FOOD® COMPLEX does not contain lactose or gluten, or derivatives of nuts, making it suitable for people suffering of lactose intolerance, celiac disease or allergies to nuts.

PRECAUTIONS

Contains as a colorant Azorubine (E122) which may have an adverse effect over the activity and attention of children.

POSSIBLE SIDE EFFECTS

The oral intake of iron preparations often causes the appearance of dark green colored or black stool. This is due to the presence of non-absorbed iron and is harmless.

USE OF OTHER PRODUCTS

Please, tell your doctor or pharmacist if you are taking any similar products.

Interactions with other products or medicines are not known for this product, however it is not convenient to take simultaneously various similar products due to the fact that total quantities of swallowed ingredients may overdose their recommended daily allowances.

PRESERVATION

PIL-FOOD® COMPLEX must be kept stored in the original package, in order to protect it from moisture.

This product should not be taken after the expiry date printed on the package.

INGREDIENTS

All ingredients of PIL-FOOD® COMPLEX, are listed on the box and/or in the prospectus.

Each capsule of PIL-FOOD® COMPLEX contains:

L-Cystine; Gelatin; Millet Extract (*Panicum miliaceum*); L-Methionine; Disintegrant (Sodium croscarmellose); Iron (sulphate); Flowing agent (Anhydrous colloidal silica); Zinc (oxide); α -Tocopherol acetate; Pantothenate (calcium); Diluent/caking agent (microcrystalline cellulose); Lubricant and coating agent (Magnesium stearate); Pyridoxine (hydrochloride); Manganese (sulphate); Gamma-Linolenic acid; Riboflavin (sodium phosphate); Copper (sulphate); Biotin. Colorants: Titanium dioxide (E171); Azorubine (E122); Yellow Iron oxide (E172); Red Iron oxide (E172).

Recommended daily intake (3 capsules) provides:

L-Cystine 1000 mg; Gelatin 270 mg; Millet Extract (*Panicum miliaceum*) equivalent to 1400 mg of dry plant; L-Methionine 50 mg; Iron 20 mg (143% NRV); Zinc 16 mg (160% NRV); α -Tocopherol acetate (Vitamin E) 14 mg (117% NRV); Pantothenic acid (Vitamin B₅) 10 mg (167% NRV); Pyridoxine (Vitamin B₆) 4 mg (286% NRV); Manganese 4 mg (200% NRV); Gamma-Linolenic acid 3 mg; Riboflavin (Vitamin B₂) 2 mg (143% NRV); Copper 1,6 mg (160% NRV); Biotin (Vitamin H) 100 µg (200% NRV).

NRV = Nutrient reference value

Three capsules provide: 6.11 kcal (25.81 kJ); Protein 1.32 g; Fat 0.048 g; Carbohydrates 0 g; Fiber 0.201 g.

Net weight for a 90 Capsules Pack: 54.6 g (approx.)

KEEP OUT OF THE SIGHT AND REACH OF YOUNG CHILDREN

pilfood
complex
CAPSULES

90
CAPSULES

pilfood
complex
®

HAIR AND NAILS

A unique blend of amino acids, botanicals, vitamins
and minerals to maintain healthy hair and nails



MONOR 61285 V.1

pilfood
complex
®

Food Supplement

Zinc helps maintain
healthy hair and nails

Biotin helps maintain
healthy hair

Copper contributes
to normal hair
pigmentation

RECOMMENDED DAILY INTAKE
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equivalent to 1400 mg of dry plant;
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NRV); Zinc 16 mg (160% NRV); α -Toco-
pherol acetate (Vitamin E) 14 mg (117%
NRV); Pantothenic acid (Vitamin B5)
10 mg (167% NRV); Pyridoxine (Vita-
min B6) 4 mg (286% NRV); Mangan-
ese 4 mg (200% NRV); Gamma-Linole-
nic acid 3 mg; Riboflavin (Vitamin B2)
2 mg (143% NRV); Copper 1.6 mg (160%
NRV); Biotin (Vitamin H) 100 μ g (200%
NRV).

NRV = Nutrient reference value

DO NOT EXCEED THE
RECOMMENDED DAILY INTAKE

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 CAPSULES

pilfood[®] complex

HAIR AND NAILS

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Colorants: Titanium dioxide (E171); Azorubine (E122); Yellow Iron oxide (E172); Red Iron oxide (E172).

(Contains colorant Azorubine (E122): it may have an adverse effect on activity and attention in children).

Manufactured by:

 **Laboratorios
Serra Pamies**

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43206 Reus - SPAIN
www.pilfood.com

3 CAPSULES PER DAY

TO BE TAKEN ORALLY