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CHLOÉ Fall 2009. Photography by Peter Stigter

Going out on a limb, I'll assume we all kinda want a curtain of swingy, shampoo-commercial hair, glowy, dewy skin and unbreakable, glossy nails. Sometimes a deep conditioner, twice-yearly facial and occasional cuticle treatment just isn't enough to ensure that beautiful trifecta, and a little internal support is required.

It's tricky to get all of the nutrients required for such loveliness in the standard workweek cereal-salad-stir fry diet, which is where a good nutritional supplement comes in. Try the new Hair, Skin & Nails supplement from Canadian company femMED, which has on its team medical doctors, natural healthcare professionals, pharmacists and master herbalists. Each non-horse-pill-like tablet contains high-functioning health enhancers such as hyaluronic acid, amino acids, calcium, silicon and vitamins C, A, D and a couple of Bs. Say goodbye (or at least *à bientôt*) to breaky nails, rough skin and even thinning hair.

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