RIPPEDTIDE BIOLABS
DRIVEN BY RESEARCH. BUILT FOR TRANSFORMATION.

HEALTHY HAIR, SKIN + NAILS

Nine nutrients selected to support normal cell metabolism and renewal.

150.3 mg TOTAL

9 NUTRIENTS

FORMULA AT A GLANCE

Niacinamide (B3)	50 mg
Thiamine HCl (B1)	50 mg
Pantothenic Acid (B5)	25 mg
Choline	10 mg
Inositol	10 mg
Niacin (B3)	5 mg
Biotin (B7)	100 mcg
Folic Acid (B9)	100 mcg
Riboflavin (B2)	100 mcg

Total converts micrograms to milligrams.

EVIDENCE REALITY CHECK

This formula supplies nutrients used in normal cell metabolism, but appearance benefits are most plausible when intake is inadequate or a deficiency is present. No clinical trial was identified for this exact nine-ingredient blend, and the listed amounts alone do not establish a cosmetic outcome.

BEST WAY TO DESCRIBE IT

A B-vitamin-centered formula designed to support normal energy metabolism, cell renewal, nutrient adequacy, membrane function, and the biological foundations of healthy-looking hair, skin, and nails.

1 CELLULAR ENERGY + RENEWAL

Thiamine, riboflavin, niacin, niacinamide, and pantothenic acid act as parts of coenzymes used in energy metabolism. These pathways support normal cell growth and function, including rapidly renewing skin and follicle cells.

2 SKIN-BARRIER BIOLOGY

Niacinamide contributes to NAD and NADP coenzymes involved in cellular energy and repair. Topical niacinamide has separate dermatologic evidence; those findings should not be assumed to prove the same cosmetic effects from this blend.

3 HAIR + NAIL NUTRIENT ADEQUACY

Biotin is required for several carboxylase enzymes. Deficiency can cause hair loss, skin rash, and brittle nails. In people without deficiency, evidence that extra biotin improves hair, skin, or nails is limited.

4 CELL DIVISION + MEMBRANE SUPPORT

Folate supports DNA production and cell division. Choline contributes to cell membranes and acetylcholine; inositol participates in cell signaling. These are normal biological roles, not proof of faster hair or nail growth.

IMPORTANT SAFETY NOTE

Route, sterility, purity, and intended use were not provided; oral, compounded, and injectable products are not interchangeable. Niacin can cause warmth, itching, or flushing, while niacinamide is less likely to flush. Biotin can interfere with some laboratory tests, including thyroid and cardiac tests, so disclose use before testing. Review total B-vitamin intake and medications with a clinician, especially during pregnancy or with liver disease.

Educational summary - not medical advice. This exact blend has not been clinically validated to diagnose, treat, cure, or prevent disease.

Sources: NIH Office of Dietary Supplements fact sheets for biotin, niacin, thiamine, riboflavin, pantothenic acid, folate, and choline.