

TECHNICAL FILE

**FORTIKER.IN[®] Food supplement
based on Bamboo extract, Zinc, Selenium and Biotin**

1. **Indications:** bamboo extract contributes to wellness of nails and hair. Zinc and selenium favor to the maintenance of normal hair and nails and are indicated to protect cells from oxidative stress.
2. **Active ingredients:**
 - **Bamboo (Bambusa spp.)** the plant extract of bamboo stem is particularly rich in organic silicon, one of the essential cofactors for the production of the prolidrolasi enzyme. This transforms the proline into hydroxyproline, which is essential for the production of collagen and glycosaminoglycans, responsible for hair and nails wellness.
 - **Zinc** is an element that plays an important role in several biological processes. It is defined as an essential trace element or micronutrient, together with selenium, contributes to the maintenance of hair and nails wellness. Zinc protects cells from oxidative stress and helps with the function of the immune system.
 - **Selenium** an essential trace element involved in several biochemical processes. It is an important enzymatic cofactor and is a protein component known as selenoproteins. Selenium combined with zinc contributes to hair and nails wellness and it helps to protect cells from oxidative stress.
 - **Biotin (D-biotin)** is an "essential" water-soluble vitamin belonging to the B group, which the human body can't produce. Therefore must be introduced to the daily diet. Biotin is recommended to help the macronutrients metabolism and contributes to the maintenance of hair wellness.
3. **Product name:** FORTIKER.IN[®] food supplement.
4. **Ingredients:** AGENTE DI CARICA: CELLULOSA; BAMBOO GERME (BAMBUSA VULGARIS SCHRAD) E.S. TIT. 70% SILICE, STABILIZZANTE: IDROSSIPROPILCELLULOSA; LIEVITO ARRICCHITO IN SELENIO, AGENTE DI RIVESTIMENTO: IDROSSIPROPILMETILCELLULOSA; OSSIDO DI ZINCO; COLORANTE: CALCIO CARBONATO; AGENTE DI RIVESTIMENTO: TALCO; AGENTI ANTIAGGLOMERANTI: SALI DI MAGNESIO DEGLI ACIDI GRASSI, BLOSSIDO DI SILICIO; AGENTE DI RIVESTIMENTO: POLIETILENGLICOLE; BIOTINA (D-BIOTINA). **GLUTEN FREE AND NATURALLY LACTOSE FREE**

Apporti medi degli ingredienti caratterizzanti per dose massima giornaliera	pari a 2 cpr	% VNR*
Bamboo germe e.s.	100 mg	
Selenio	55 mcg	100
Zinco	10 mg	100
Biotina	46,2 mcg	92



*VNR: valore nutritivo di riferimento (Reg. EU n. 1169/11)

5. **Confection:** 30 tablets containing 300 mg
6. **How to use:** 1-2 tablets per day, as needed, take with water. We recommend using in combination with our **dermocosmetic Fortiker[®] Hair Care Line**.
7. **Warnings:** do not exceed the daily-recommended dose. Food supplements do not replace a varied, well balanced diet or a healthy lifestyle. Keep out of reach of children under 3 years.
8. **Shelf life:** 36 months.
9. **Storage conditions:** store in a cool, dry place away from sunlight, moisture and direct heat sources. The date of minimum durability refers to the unopened product package appropriately stored.
10. Produced for **Skinius Srl** 14 Durini St. – 20122 Milan plant of 18/20 San Giuseppe - 20861 Brugherio (MB).