

HSN

DAILY MULTI-FUNCTIONAL SUPPLEMENT FOR
HEALTHY HAIR, SKIN & NAILS

STORE IN A COOL, DRY PLACE.

TAKE IT

Morning, noon, or night.

DOSE

Adults take two capsules daily with
food or as directed by your
healthcare professional.



Hair, Skin, and Nails, Oh My!

A daily supplement with six vitamins and important minerals, HSN's ingredients help assist the development of better-looking hair, skin, and nails. Also contains branched chain amino acids (BCAA's) to help support protein synthesis.*

This product supports a healthy lifestyle. Individual results are not guaranteed and may vary based on diet and exercise. We cannot and do not guarantee that you will attain a specific or particular result, and you accept the risk that results differ for each individual. Health, fitness, and nutrition success depends on each individual's background, dedication, desire, and motivation. Always consult your healthcare professional before consuming any dietary supplement.

Ingredients:

Vitamin A

Vitamin A is the generic term for a group of fat-soluble compounds important for human health. Having enough Vitamin A in your diet helps your body functioning at its best.¹ Vitamin A is revered in homeopathic circles for its potent skin-supporting properties.*

Vitamin C

Vitamin C is an essential vitamin that has many roles in your body. A study by the American Journal of Clinical Nutrition found that Vitamin C plays an important role in skin health.¹ Vitamin C also helps maintain nail strength and collagen formation, a protein that creates the shape of your fingernails.*

Vitamin D

Vitamin D is sometimes called the "sunshine vitamin" because it's produced in your skin in response to sunlight. Your body produces vitamin D naturally when it's directly exposed to sunlight. Vitamin D has several important functions. Perhaps the most vital are regulating the absorption of calcium and phosphorus.¹

Vitamin E

Vitamin E is not a single vitamin, but rather a group of fat-soluble vitamins with antioxidant effects. Antioxidants assist in the disruption of free radicals in the body. Vitamin E oil in conjunction with a proper diet supports the appearance of healthy skin.¹

Thiamin

Thiamin is responsible for many enzymatic processes that lead to the growth and development of body cells. This vitamin is needed to form adenosine triphosphate (ATP), the molecule that all cells can use as an energy source.¹

Riboflavin

Riboflavin is one of a number of B vitamins found in B complex supplements. Also known as Vitamin B-2, riboflavin is essential to numerous body processes, including cardiovascular and skin health. It is also important for the absorption and digestion of other vitamins and minerals, including iron.¹

Niacin

Niacin (nicotinic acid), also known as Vitamin B-3, is one of eight known B vitamins.¹

Vitamin B-6

Vitamin B-6 plays an important role in the body. It is needed to help maintain the health of nerves, skin, and red blood cells. Vitamin B-6 is used for maintaining healthy blood composition. Vitamin B-6 is frequently used in combination with other B vitamins in Vitamin B complex products.¹

Folic Acid

Folic acid supports the development of a healthy body and is often used in combination with other B vitamins. Folic acid acts by helping the body produce and maintain new cells. In particular, red blood cell formation is dependent upon adequate levels of this vitamin.¹

Vitamin B-12

Vitamin B-12 has one of the largest and most elaborate chemical structures of all the vitamins. This vitamin is essential for blood cell formation and supports metabolic health within the body.¹

Biotin

Biotin works with the B vitamins to convert carbohydrates into glucose and then convert glucose into ATP energy. It also plays an important role in the health of your hair, skin, and nails.¹

Pantothenic Acid

Pantothenic acid or Vitamin B-5 works in conjunction with the other B vitamins to produce energy from food. It is also critical to the production of red blood cells and aids in the breakdown of fats and carbohydrates.¹

Iron

Iron is an essential mineral and an important component of hemoglobin, the substance in red blood cells that carries oxygen from your lungs to transport it throughout your body. Hemoglobin represents about two-thirds of the body's iron. If you don't have enough iron, your body can't make enough healthy oxygen-carrying red blood cells. Iron has other important functions, too. Iron is also necessary to maintain healthy cells, skin, hair, and nails.²

Supplement Facts

Serving Size 2 Capsules
Serving Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A	10,000IU	200%
Vitamin C	120mg	200%
Vitamin D	400IU	100%
Vitamin E	30IU	100%
Thiamin	10mg	667%
Riboflavin	10mg	588%
Niacin	50mg	250%
Vitamin B6	10mg	500%
Folic Acid	400mcg	100%
Vitamin B12	20mcg	333%
Biotin	5,000mcg	1667%
Pantothenic Acid	30mg	300%
Iron	6mg	33%
Iodine	143mcg	95%
Zinc	15mg	100%
Selenium	29mcg	41%
Magnesium	10mg	500%
MSM	800mg	**
Bamboo Silica	28mg	**
Branch Chain Amino Acids	40mg	**

**Daily Value Not Established

Other ingredients: Vegetable Capsule,
Silicon Dioxide

Iodine

Iodine is an essential trace element, which is vital for normal growth and development of the body. Around 60% of the iodine in the human body is stored in the thyroid gland. Its health benefits play a very important role in the normal functioning of the thyroid gland, which secretes thyroid hormones that control the base metabolic rate of the body. In fact, without it, thyroid hormones could not even be synthesized. Iodine affects hair health and hair growth through its effects on thyroid function.²

Zinc

Zinc is a trace element responsible for a number of functions in the human body, and it helps stimulate the activity of at least 100 different enzymes. In addition to that, zinc is also involved in collagen synthesis. This further aids in normalizing the presence of oil under the skin and supports the maintenance of healthy skin.²

Selenium

Selenium is a trace mineral found naturally in the soil that also appears in certain high-selenium foods, and there are even small amounts in water. Selenium is an extremely vital mineral for the human body as it helps maintain overall health and wellness.²

Magnesium

Magnesium is a mineral that's crucial to the body's function. Supports your healthy cardiovascular and skeletal systems.²

MSM

Methylsulfonylmethane, more commonly known as MSM, is a popular dietary supplement. It's a sulfur-containing compound found naturally in plants, animals, and humans. MSM is widely used in the alternative medicine field to support healthy skin and joints.*

Bamboo Silica

Bamboo Silica maintains the integrity and health of the skin, ligaments, tendons, and bones. Bamboo extract is the richest known source of silica. Silica assists in the restoration of many of the body's tissues.³

Branch Chain Amino Acids

Branch chain amino acids, or BCAAs, are a form of amino acids that are essential to the human diet. They work to promote tissue repair and ensure that your body is getting all of the necessary nutrients that you need. BCAAs are extremely versatile, working to increase energy levels and maintain a number of healthy body systems.⁴

Best Used With:

NutraBurst® + liquid multivitamin dietary supplement replenishes vital nutrients and minerals. *

Original & Instant Iaso® detox and cleansing tea removes & flushes harmful toxins. *

Slim PM burns fat, provides a greater night's rest and increases protein synthesis of your hair. *

References:

1. National Health Service <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-a/>
2. University of Michigan: Michigan Medicine <https://www.uofmhealth.org/health-library/ta3912>
3. National Center for Biotechnology Information <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4659479/>
4. National Institutes of Health <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6536377/>



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