



# H-S-N Complete™

Multivitamin to Support Hair, Skin, and Nails\*



SKIN HEALTH\*



H-S-N Complete™ is a comprehensive formula that combines vitamins, minerals, amino acids, and botanicals to provide the necessary building blocks for healthy hair, skin, and nails.\* The aging process of the skin, hair, and nails may be influenced by exposure to ultraviolet radiation and oxidative stress, potentially leading to changes in integrity and structure. Certain vitamins, minerals, and amino acids have been reported to have a supportive effect on hair, skin, and nail health.\*

This formula contains green tea leaf extract, which has been shown to support healthy aging and a healthy response to oxidative stress.\* It also contains methylsulfonylmethane (MSM), which may support skin integrity and hydration.\*

Grape seed extract and olive fruit extract have been shown to support cellular health, promote a healthy response to oxidative stress, and support healthy inflammatory pathways.\* H-S-N Complete™ also contains micronutrients that are known to benefit skin, nails, and hair structures, including biotin, vitamin B12, folate, vitamin D, and several minerals in chelated form for superior absorption.\*

H-S-N Complete™ is a synergistic blend of vitamins, minerals, amino acids, and botanicals designed to support a healthy response to oxidative stress and healthy cellular processes of the hair, skin, and nails.\*

## Benefits\*

- Supports healthy hair, skin, and nails
- Promotes cellular health
- Supports a healthy response to oxidative stress

## Recommended Use

Take 4 capsules per day with a meal or as directed by your health-care practitioner.

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## Highlights

- Synergistic combination of vitamins, minerals, and botanicals to support healthy hair, skin, and nails\*
- Provides 100 mg of a patented olive fruit extract and 200 mg of green tea extract per serving
- Minerals in chelated form for superior bioavailability
- Gluten-free, dairy-free, and soy-free
- Non-GMO
- Suitable for vegetarians

ZPTED HSN 08/21

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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