



# HSN

A daily supplement that provides six essential vitamins and important minerals. In addition to these essential nutrients, the HSN supplement contains branched-chain amino acids (BCAA). These amino acids help trigger protein synthesis. In combination, the increased protein synthesis and the key nutrients in Total Life Changes® HSN supplement, provides the foundation for healthier, more vibrant hair, skin, and nails.

- **Enhances Hair**
- **Improves Skin**
- **Strengthens Nails**

## HSN

HSN's essential vitamins and minerals provide a foundation for healthier hair, skin, and nails. The HSN supplement also contains branched-chain amino acids (BCAA). BCAA's help trigger protein synthesis which improves the health of hair, skin and nails.

As a dietary supplement, adults should take two capsules in the morning.

### Active Ingredients

#### Vitamin A (Retinoid)

Vitamin A helps the body to reduce wrinkles, fade brown spot and smooth skin roughness. There are more than 700 published studies that indicate the effective impact of retinoids on the human body.

#### Vitamin C

Experts in nutrition indicate vitamin C is one of the safest and most effective nutrients. The benefits of vitamin C may include protection against immune system deficiencies, cardiovascular diseases, and skin wrinkling.

## Vitamin D

Vitamin D helps the body absorb calcium and phosphorus from food. Many Americans have low levels of vitamin D within their systems. The reasons for this deficiency can include a low availability of vitamin D in food sources, increased time working indoors and the use of sunscreen.

## Vitamin E

Vitamin E is vital in maintaining a strong immune system and healthy skin. This vitamin contributes to the health of hair and nails and has been extensively studied as a treatment to reduce the appearance of scars.

## Vitamin B1 (Thiamin)

Vitamin B1 is crucial to the growth, development, and function of cells. Thiamin is processed quickly and the body requires a continuous supply of this vitamin from food intake or supplements.

## Vitamin B7 (Biotin)

Biotin helps the body convert food into energy. Vitamin B7 also helps keep hair, eyes, skin and the liver healthy in appearance and function.

## Caution

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of six. Keep this product out of reach of children. In case of accidental overdose, immediately call a doctor or a Poison Control Center.

Distributed by:



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\*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. Keep out of reach of children. If you are pregnant or breastfeeding consult a doctor before using this product. If you are taking any medication, or have any type of medical issue, consult a doctor before using this product.