

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 to ensure the optimal nutrition needed for healthier-looking hair, supple skin, and stronger nails. Also contains branched-chain amino acids (BCAA's) to help trigger protein synthesis.*

Active Ingredients:

Vitamin A

Vitamin A is the generic term for a group of fat-soluble compounds highly important for human health. Having enough vitamin A in your diet helps keep your immune system healthy and function at its best. Often prescribed by dermatologists to fight acne and wrinkles alike, vitamin A is revered for its potent skin-enhancing properties. Due to its anti-inflammatory properties, such as retinaldehyde, vitamin A may also be useful in the treatment of a wide range of skin concerns.

Vitamin C

Vitamin C is an essential vitamin, that has many roles in your body and has been linked to impressive health benefits. Vitamin C is collagen-friendly, slowing down the natural aging process by reducing the onset of free radicals that lead to dry skin, fine lines, and wrinkles. A study by the American Journal of Clinical Nutrition found that vitamin C is crucial to a more youthful appearance and age-related dryness of the skin. Vitamin C is also vital to nail strength and collagen formation which is a protein that creates the shape of your fingernails. Vitamin C also helps your body absorb iron which further creates a stronger, more restored head of hair.

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, and facilitating normal immune system function.

Vitamin E

Vitamin E is not a single vitamin, but rather a group of fat-soluble vitamins with antioxidant effects. Antioxidants fight free radicals, which are electrons that have broken off from an atom.

Vitamin E oil's potential benefits derive from two key features: its antioxidant properties, which could fight inflammation and slow the effects of free radicals, and its moisturizing properties. The moisturizing benefits of vitamin E oil may help the skin look more youthful and less wrinkled.

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.

Riboflavin

Riboflavin is one of a number of B vitamins found in B complex supplements. Also known as vitamin B2, 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.

Niacin

Niacin (nicotinic acid), also known as vitamin B3, is one of eight known B vitamins. It has been used for decades to lower cholesterol and reduce cardiovascular risk.

Vitamin B-6

Vitamin B6 plays an important role in the body. It is needed to maintain the health of nerves, skin, and red blood cells. Vitamin B6 is used for preventing and treating low levels of pyridoxine (pyridoxine deficiency) and the "tired blood" (anemia). Vitamin B6 is frequently used in combination with other B vitamins in vitamin B complex products. It is also used for boosting the immune system.

Folic Acid

Folic acid is needed for the proper development of the human boy 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.

Vitamin B-12

Vitamin B12 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.

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.

Pantothenic Acid

Pantothenic acid or vitamin B5 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.

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

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. A lack of red blood cells is called iron deficiency anemia. Iron has other important functions, too. Iron is also necessary to maintain healthy cells, skin, hair, and nails.

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.

Zinc

Zinc is a trace element that is necessary for a healthy immune system. It is responsible for a number of functions in the human body, and it helps stimulate the activity of at least 100 different enzymes. This mineral is also important for eliminating acne from the skin. It regulates and controls the amount of testosterone in the body, which plays a dominant role in causing acne. In addition to that, zinc is also involved in collagen synthesis. This further aids in normalizing the presence of oil under the skin and improves the maintenance of healthy skin. Zinc is also known for its ability to relieve eczema.

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 increases immunity, takes part in antioxidant activity that defends against free radical damage and inflammation, and plays a key role in maintaining a healthy metabolism. According to studies, consuming plenty of naturally occurring selenium has positive antiviral effects.

Magnesium

Magnesium is a mineral that's crucial to the body's function. Magnesium helps keep blood pressure normal, bones strong, and the heart rhythm steady. Magnesium has been shown to help fight inflammation. It reduces the inflammatory marker CRP and provides several other benefits.

MSM

Methylsulfonylmethane, more commonly known as MSM, is a popular dietary supplement used to treat a wide array of symptoms and conditions. It's a sulfur-containing compound found naturally in plants, animals, and humans. MSM is widely used in the alternative medicine field and by people looking for a natural way to relieve joint pain, reduce inflammation and boost immunity. In addition, research supports its use in treating a number of conditions from arthritis to rosacea. MSM may improve skin health by strengthening keratin and reducing inflammation. It could even help reduce symptoms of certain skin conditions, as well.

Bamboo Silica

Bamboo Silica is an essential element for maintaining the integrity and health of the skin, ligaments, tendons, and bones. Bamboo extract is the richest known source of silica. Silica has a restorative effect on many of the body's tissues.

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 synergistically to promote tissue repair and ensure that your body is getting all of the necessary nutrients that you need. BCAA's are extremely versatile, working to

Increase energy levels, aid in muscle repair, cause a sharp increase in brain function, building muscle, improving exercise, improving sleep, promotes cardiovascular health and also aids kidney function.

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. *



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