

# H-S-N Complete™

*Nutritional support for hair, skin and nails*

H-S-N Complete™ is a comprehensive formula which combines a wide array of vitamins, minerals, amino acids and botanicals in order to provide the necessary building blocks for healthy hair, skin and nails.

While many people think hair, skin and nails exist simply for cosmetic reasons, they actually serve valuable health functions. Together, they act as the body's largest organ system and its first line of defense against environmental stressors. Aging, sun damage, oxidative stress, as well as nutritional and hormonal imbalances can all impact the health and luster of hair, skin and nails.

## Nutrient Highlights:

- **Collagen and Keratin** – Hair, skin and nails rely upon the fibrous proteins collagen and keratin to give them structure, strength and elasticity. H-S-N Complete™ contains two of collagen's primary building blocks, glycine and proline, along with vitamin C, B vitamins, silica, and sulfur (as methylsulfonylmethane and n-acetylcysteine) – all of which are crucial for collagen renewal. Keratin's robust structure is supported by amino acids like cysteine, as well as various vitamins and minerals.
- **Green Tea and Olive Fruit Extracts** – These herbal extracts demonstrate powerful antioxidant properties which support the body's natural defenses against oxidative stress and the damaging effects of the sun. EGCG from green tea extract may also help to support occasional bouts of acne.
- **Bamboo Extract** – The silica found in bamboo aids in collagen renewal, and has been clinically shown to decrease wrinkle depth, and support hair and nail strength. The bamboo in this formula is standardized to contain 40% silica, yielding a 34 mg dose of this nutrient, an amount found to be effective in research.
- **Vitamins A & D** – Vitamin A supports tissue repair and acts as a potent antioxidant, preventing oxidative stress caused by skin-damaging free radicals. Vitamin D plays a role in regulating the processes that replenish skin and hair follicles, making it a key vitamin for skin integrity and hair regeneration.
- **Chelated Zinc, Copper & Manganese** – Skin-supportive minerals are provided in a form that is bioavailable and easily utilized by the body. Zinc helps to maintain skin integrity and support wound healing, while copper and manganese support healthy collagen formation.
- **Grape Seed** – The grape seed in this formula is standardized to contain 95% OPCs (oligomeric proanthocyanidins), powerful antioxidants which are known to support healthy hair growth in animal studies.
- **Biotin** – This nutrient is part of the B vitamin complex group and has been shown to support nail structure.

### H-S-N Complete™ may:

- Support skin elasticity
- Help strengthen hair, skin and nails
- Support healthy keratin
- Offer UV protection
- Provide antioxidant support and help maintain a healthy inflammatory response for hair, skin and nails

## Recommended Use

As a dietary supplement, take four capsules per day with meals, or as directed by your health care practitioner.



\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).