

designs for health®



Report any adverse reactions to 860.623.6314

Notice: Color, size or shape may appear different between lots.

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Does not contain gluten.



Formulated and distributed by:  
Designs for Health, Inc.  
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HSN120

# H-S-N Complex™

Hair, Skin & Nail Formula

Dietary Supplement  
For Professional Use Only

120 Vegetarian Capsules

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

## Supplement Facts

Serving Size 4 capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as mixed carotenoids from palm)	5000 IU 100%	Manganese (as TRAACS® Manganese Glycinate Chelate)	2 mg 100%
Vitamin C (as Ascorbic Acid)	500 mg 830%	N-Acetyl-Cysteine	500 mg *
Vitamin D (as Cholecalciferol)	2000 IU 500%	Glycine	300 mg *
Thiamin (Vitamin B-1)(as Thiamin HCL)	50 mg 3330%	L-Proline	250 mg *
Riboflavin (Vitamin B-2)(as Riboflavin HCL)	50 mg 2940%	L-Lysine	250 mg *
Niacin (Vitamin B-3) (as Niacinamide)	50 mg 250%	Green Tea Extract (Decaffeinated) ( <i>Camellia sinensis</i> )(leaf) [standardized to contain 98% polyphenols and 45% EGCG]	250 mg *
Pantothenic Acid (Vitamin B-5)	100 mg 1000%	Methylsulfonylmethane (MSM)	250 mg *
Vitamin B-6 (as Pyridoxine HCL 40 mg; Pyridoxal-5-Phosphate 10 mg)	50 mg 2500%	Grape Seed Extract ( <i>Vitis vinifera</i> ) (seed) [standardized to contain 95% proanthocyanidins]	200 mg *
Folate (as NatureFolate™ blend)	200 mcg 50%	Hytolive®- Olive Fruit Extract ( <i>Olea europaea</i> ) (fruit) [standardized to contain 10% hydroxytyrosol]	100 mg *
Vitamin B-12 (as Methylcobalamin)	100 mcg 1670%	Bamboo Extract ( <i>Bambusa vulgaris</i> ) (stem)[standardized to contain 40% silica]	85 mg *
Biotin (as d-Biotin)	1 mg 330%		
Zinc (as TRAACS® Zinc Glycinate Chelate)	30 mg 200%		
Copper (as TRAACS® Copper Glycinate Chelate)	2 mg 100%		

\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, vegetable stearate, silicon dioxide.

STORE IN A COOL, DRY PLACE.