



# H-S-N Complex™

Hair, Skin, and Nail Support\*



SKIN HEALTH\*



H-S-N Complex™ is formulated with specific proteins, vitamins, and nutrients to support healthy connective tissue including hair, skin, nails, and joints.\* This formula features collagen peptides to help support the structure and elasticity of connective tissue.\* It also provides antioxidant support from vitamin C to help protect the collagen matrix from age-related free radical damage.\*

Other featured ingredients in H-S-N Complex™ include aloe vera, glucosamine sulfate, biotin, and bamboo stem extract. Aloe vera may support the body's cellular repair process and collagen synthesis when taken internally.\*

Glucosamine sulfate may promote collagen synthesis and provide support for joint strength.\* Biotin is a cofactor for many processes in the body and plays a crucial role in healthy hair and nails.\* Bamboo stem extract provides silicon, which contributes to the integrity and flexibility of connective tissue.\*

This lemon-flavored powder is sweetened with stevia extract. This product supports connective tissue and joint health, the body's normal tissue repair process, and healthy aging.\*

## Benefits\*

- Healthy hair, skin, and nails
- Connective tissue strength
- Normal tissue repair
- Healthy aging
- A healthy response to oxidative stress

## Highlights

- Great-tasting, lemon-flavored powder sweetened with stevia
- Provides 5 grams of collagen peptides and 1.5 grams of glucosamine sulfate per serving
- Features extracts from skin-supportive botanicals: aloe vera and bamboo\*
- Non-GMO, Gluten-free, dairy-free, and soy-free

## Recommended Use

Mix 12 grams (approximately one scoop) in 8 to 10 ounces of water per day or as directed by your health-care practitioner.

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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