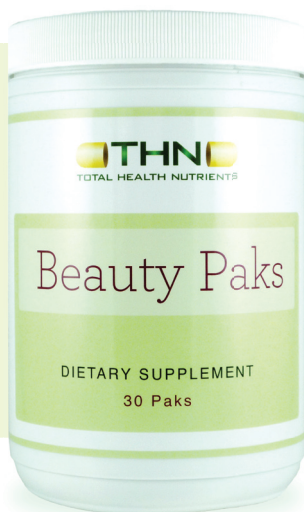


The vitamin designed *specially* for hair, skin and nails



MSM (methylsulfonylmethane) is a type of sulfur compound that is naturally present in the body. MSM's sulfur content assists the production of keratin. Keratin is a fibrous protein found in the upper layer of skin, hair, and nails. Individual keratin molecules are entwined around each other in long filaments. This produces strength and toughness. Keratin relies on a constant supply of MSM to replenish itself.

Biotin, a B-vitamin, is involved in the deposition of keratin into the hair, skin, and nails (i.e., biotin is involved in the process of keratinization).

Flaxseed oil, an excellent source of ALA (alpha-linolenic acid), is an essential fatty acid (EFA) which may help with dry skin, eczema, brittle nails, and psoriasis. As an EFA, flaxseed oil has many other health benefits.

Borage seed oil, an excellent source of GLA (gamma-linolenic acid), is an essential fatty acid (EFA) which may help with dry skin, eczema, and scleroderma. As an EFA, borage seed oil has many other health benefits.



Beauty Paks 30 p / \$35

Beauty Paks is an exciting new product from THN, designed to improve the health of hair, skin, and nails (HS&N). It is a special multi-nutrient supplement that combines vitamins, minerals, essential fatty acids (EFAs), and the sulfur-containing compound, MSM (methylsulfonylmethane). Besides being a great multivitamin, it contains extra “beauty” ingredients (biotin, EFAs, MSM) that may help strengthen hair and nails, moisturize dry skin, and reduce inflammation that may contribute to skin flare-ups. We guarantee that this formula will help improve your HS&N, but be patient; you may see some improvement in a few weeks, but it could take months to get the maximum results. **Suggested usage:** adults take two packs per day, divided over two meals.

One pak (p) contains:

VITAMINS

| | |
|---|----------|
| Vitamin A (fish liver oil) | 3,350 IU |
| Beta-Carotene (D. salina, vitamin A activity) | 5,025 IU |
| Vitamin D3 (fish liver oil) | 1,033 IU |
| Vitamin E (d-alpha tocopheryl succinate) | 133 IU |
| Vitamin K1 (phytonadione) | 20 mcg |
| Vitamin C (L-ascorbate, corn-free) | 402 mg |
| Vitamin B1 (thiamine mononitrate) | 33 mg |
| Vitamin B2 (riboflavin) | 17 mg |
| Vitamin B6 (pyridoxine HCl) | 17 mg |
| Vitamin B12 (on ion exchange resin) | 33 mcg |
| Niacin | 17 mg |
| Niacinamide | 50 mg |
| Pantothenic acid (d-calcium pantothenate) | 133 mg |
| Biotin | 400 mcg |
| Choline (bitartrate) | 50 mg |
| Folic acid | 667 mcg |
| Inositol | 17 mg |
| PABA (para-amino benzoic acid) | 17 mg |

MINERALS

| | |
|---|---------|
| Boron (aspartate-citrate) | 0.67 mg |
| Calcium (citrate, ascorbate) | 167 mg |
| Chromium (ChromeMate) | 67 mcg |
| Copper (amino acid chelate) | 0.67 mg |
| Iodine (kelp) | 50 mcg |
| Magnesium (aspartate-ascorbates, AA) | 167 mg |
| Manganese (amino acid chelate) | 6.7 mg |
| Molybdenum (amino acid chelate) | 75 mcg |
| Potassium (aspartate-ascorbate complex) | 33 mg |
| Selenium (amino acid complex) | 67 mcg |
| Vanadium (as vanadyl sulfate) | 13 mcg |
| Zinc (amino acid chelate) | 6.7 mg |

OTHER INGREDIENTS

| | |
|--|--------|
| Citrus bioflavonoids | 33 mg |
| MSM (methylsulfonylmethane) | 500 mg |
| Omega-3 fatty acids (flax seed oil; alpha-linolenic acid) | 560 mg |
| Omega-6 fatty acids (borage seed oil; 210 mg of GLA) | 540 mg |