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> HUM Arctic Repair - Clear Skin Supplement User Manual

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HUM Arctic Repair - Clear Skin Supplement

User Manual

1. PRODUCT OVERVIEW

HUM Arctic Repair is a dietary supplement formulated to support healthy, hydrated, and rejuvenated skin. It features a unique blend of ingredients, including Lingonberry Seed Oil, rich in Omegas 3, 6, and 9, along with Vitamins A and E, to help reduce the appearance of wrinkles and promote overall skin health.

This product is designed to work from within, providing essential nutrients that contribute to skin structure and elasticity.



Image: A bottle of HUM Arctic Repair, a dietary supplement, with a single softgel capsule placed in front of it. The label indicates it helps restore hydration and reduce wrinkles.

2. KEY INGREDIENTS

Arctic Repair contains a powerful combination of ingredients selected for their skin-supporting properties:

- **Lingonberry Seed Oil:** A vegan source of omega fatty acids (Omegas 3, 6, 9) shown to promote skin density and elasticity, and help reduce fine lines.
- **Vitamin A (from Beta Carotene):** Helps protect against damage from free radicals.
- **Vitamin E Gamma Tocotrienol:** An essential vitamin E antioxidant.

BEHIND THE FORMULA

LINGONBERRY SEED OIL

Vegan source of omega fatty acids shown to promote skin density + elasticity + reduce fine lines*

VITAMIN A

Helps fight damage from free radicals*

VITAMIN E GAMMA TOCOTRIENOL

An essential vitamin E antioxidant



Image: An illustration detailing the key ingredients of HUM Arctic Repair: Lingonberry Seed Oil, Vitamin A, and Vitamin E Gamma Tocotrienol, with droppers containing oil.



Verified Clean
Ingredients



Clinically Tested
Actives



Triple Tested &
3rd Party Validated
for Purity & Quality



Formulated by
RD Nutritionists



Free of
The Tricky 12



No Artificial Colors,
Sweeteners, Flavors
& Preservatives

Supplement Facts

Serving Size: 3 Softgels
Servings Per Container: 30

	Amount Per Serving	% DV
Calories	15	
Calories from Fat	14	
Total Fat	1.5 g	2%†
Vitamin A (from Beta Carotene)	180 mcg RAE	20%
Lingonberry Seed Oil (<i>Vaccinium vitis-idaea</i>)	1,500 mg	**
Omega-3 Alpha-linolenic acid	657 mg	**
Omega-6 Linoleic Acid	500 mg	**
Omega-9 Oleic Acid	207 mg	**

†Percent Daily Values (DV) are based on a 2,000 calories diet. **Daily Value not established.

Other Ingredients: hydroxypropyl starch from maize, glycerol, carageenan, disodium phosphate, rosemary extract.

Contains NO: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, sesame, artificial colors, flavors or preservatives.



Image: The Supplement Facts panel for HUM Arctic Repair, showing serving size, calories, total fat, Vitamin A, Lingonberry Seed Oil, Omega-3, Omega-6, and Omega-9 content. It also lists other ingredients and allergen information.

3. USAGE INSTRUCTIONS

For optimal results, follow these guidelines:

- **Dosage:** Take 3 softgels daily.
- **Timing:** Consume softgels with food.
- **Consistency:** For best results, incorporate Arctic Repair into your daily routine consistently.

HOW TO TAKE

TAKE 3
SOFTGELS,
AT ANY
TIME,
WITH FOOD



Image: A visual instruction on how to take HUM Arctic Repair, stating to take 3 softgels at any time with food, next to the product bottle and softgels.

4. SAFETY INFORMATION

Please read and adhere to the following safety precautions:

- **Consult Your Physician:** As with any ingestible supplement, especially if you are taking medication, are pregnant, or nursing, consult your physician prior to use.
- **Tamper-Evident Seal:** Do not use if the tamper-evident seal is broken or missing.
- **Disclaimer:** 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.

5. STORAGE AND HANDLING

To maintain the quality and efficacy of your HUM Arctic Repair:

- Store in a cool, dry place, away from direct sunlight.
- Keep out of reach of children.
- Ensure the cap is tightly closed after each use.

6. SPECIFICATIONS

Attribute	Detail
Brand	HUM
Flavor	Unflavored
Primary Supplement Type	Omega 3,6,9
Unit Count	90.00 Count
Item Form	Softgel
Item Weight	3.21 ounces
Product Dimensions	2 x 1 x 4 inches
Special Ingredients	Lingonberry Seed Oil
Product Benefits	Anti-aging, Rejuvenating
Age Range (Description)	Adult
Manufacturer	HUM Nutrition
ASIN	B00XUS9ALO
UPC	855514005115

7. TROUBLESHOOTING

If you experience any unexpected effects or have concerns about using HUM Arctic Repair, please consult with a healthcare professional. Discontinue use if adverse reactions occur.

8. MANUFACTURER INFORMATION

HUM Arctic Repair is manufactured by **HUM Nutrition**.

For more information about HUM products, visit the official [HUM Store on Amazon](#).

9. WARRANTY AND SUPPORT

For any product-related inquiries, concerns, or support, please contact HUM Nutrition directly through their official website or the seller contact information provided on your purchase receipt. Specific warranty details are typically provided by the manufacturer or retailer at the time of purchase.