

www.bluebonnenuitrition.com
Manufactured by
Bluebonnet Nutrition Corp
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Sugar Land, TX 77478 USA



OptMSM[®]

Hair, Skin & Nail
Dietary Supplement
90 Vegetable Capsules



Bluebonnet[®]

Ultimate Hair & Nail Formula[®]



Directions: As a dietary supplement, take three capsules once daily, preferably with a meal or as directed by a healthcare practitioner.

Supplement Facts

Serving Size 3 Capsules Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as natural beta-carotene 10,000 IU) (as vitamin A palmitate 5000 IU)	3000 mcg 333
Vitamin C (as L-ascorbic acid)	500 mg 556
Vitamin E (as 200 IU d-alpha tocopheryl succinate)	134 mg 893
Vitamin B ₁ (as thiamin mononitrate)	30 mg 2500
Vitamin B ₂ (as riboflavin)	30 mg 2308
Vitamin B ₃ (as niacinamide)	30 mg 188
Vitamin B ₆ (as pyridoxine HCl)	30 mg 1765
Folate (as 800 mcg folic acid)	1336 mcg DFE 334
Vitamin B ₁₂ (as cyanocobalamin)	50 mcg 2083
Biotin	1000 mcg 3333
Pantothenic Acid (as calcium D-pantothenate)	30 mg 600
Calcium (as citrate, carbonate)	100 mg 8
Magnesium (as magnesium aspartate)	50 mg 12
Zinc (as zinc picolinate)	25 mg 227
Selenium (as L-selenomethionine)	200 mcg 364
Manganese (as manganese gluconate)	5 mg 217
MSM (methylsulfonylmethane)	250 mg *
Horsetail Powder	100 mg *
L-Cysteine HCl	100 mg *
L-Proline	100 mg *
L-Methionine	50 mg *
Choline Bitartrate	30 mg *
Inositol	30 mg *
PABA (para-aminobenzoic acid)	30 mg *

* Daily Value not established.

Other ingredients: Kosher vegetable capsules, vegetable magnesium stearate, silica, stearic acid, vegetable cellulose. Minerals are shown in their elemental value.

Contains: Soybeans

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat.

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700

◆ 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.