

Directions: As a dietary supplement, take two capsules once daily, or as directed by a healthcare practitioner.

Bluebonnet's Beautiful Ally™ Hair Skin & Nails Formula Capsules are specially formulated with vitamins, minerals and other nutrients like biotin, type I + III collagen peptides, keratin, and MSM that are necessary for maintaining lustrous hair, skin and nails. By acquiring these nutrients internally, the body is provided with the building blocks that are important for protecting and nourishing hair, skin, and nails from within. Furthermore, these ingredients may help to improve the strength and appearance of hair and nails, as well as enhance skin moisture, elasticity, and radiance. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.♦

Beautiful Ally™ is a trademark of Bluebonnet Nutrition Corporation. Cynatine HNS® is a registered trademark of Raxol International, LLC.

OptiMSM® is a registered trademark of Cardinal Nutrition, Inc. Setria® is a registered trademark of Kyowa Hakko Bio Co., Ltd.

♦ 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.

Manufactured by
Bluebonnet Nutrition Corporation
12915 Dairy Ashford
Sugar Land, TX 77478 USA
www.bluebonnetnutrition.com



BEAUTIFUL^{ALLY}
BY BLUEBONNET

hair, skin & nails

daily beauty regimen♦

Dietary Supplement
60 Vegetable Capsules



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Supplement Facts

Serving Size 2 Capsules		Servings Per Container 30
Amount Per Serving		% Daily Value
Vitamin A (as 2500 IU vitamin A palmitate)	750 mcg	83
Vitamin C (as L-ascorbic acid)	100 mg	111
Biotin	5000 mcg	16,667
Zinc (as zinc bisglycinate chelate)	10 mg	91
Collagen Peptides Types I+III	500 mg	*
MSM (methylsulfonylmethane from OptiMSM®)	500 mg	*
Cynatine HNS® (soluble keratin)	50 mg	*
Glutathione (reduced free-form L-glutathione)	40 mg	*
CoQ10 (as ubiquinone)	25 mg	*
Trans-Resveratrol (from Japanese knotweed root extract)	20 mg	*

* Daily Value not established.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

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

Also free of gluten, barley and sugar.

Bluebonnet

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