

Directions: As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner.

Bluebonnet's Beautiful Ally™ Biotin 10,000 mcg Capsules contain yeast-free biotin in its purest crystalline form. Biotin, often referred to as the *beauty nutrient* for youthful radiance, is a water-soluble B vitamin that delivers support for healthy hair and strong, durable nails. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.♦

Bluebonnet's KOF-K Certification #K-0000700

Beautiful Ally™ is a trademark of Bluebonnet Nutrition Corporation.

♦ 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.



BEAUTIFUL Ally™
BY BLUEBONNET

biotin

10,000 mcg

strengthen hair & nails•

Dietary Supplement

90 Vegetable Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Biotin 10,000 mcg	33,333

Percent Daily Value based on a 2,000 calorie diet.

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 corn, yeast, gluten, barley, rice, sodium and sugar.

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

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