

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 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 registered 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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.



Bluebonnet

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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hair & nails♦**

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