

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 Vegetable Capsules are specially formulated to strengthen hair and nails with yeast-free biotin, a water-soluble B vitamin, in its crystalline form.♦

Bluebonnet's KOF-K Certification #K-0000700

Beautiful Ally® is a registered trademark of Bluebonnet Nutrition Corporation.

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

♦ 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
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Bluebonnet®

BEAUTIFUL Ally®

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.

