

Directions: As a dietary supplement, take one caplet daily or as directed by a healthcare practitioner.

Bluebonnet's Beautiful Ally® Collagen 1000 mg Caplets are specially formulated to help support skin, hair and nails with collagen peptides type I + III from grass-fed cows. Collagen peptides help to replenish nutrients lost over time by boosting collagen production which helps to strengthen hair and nails while supporting the skin's hydration balance and elasticity to counteract visible signs of aging. ♦



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

Also free of corn, gluten, barley, rice and sugar.

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.



Bluebonnet
NUTRITION

Bluebonnet

BEAUTIFUL Ally®

GRASS-FED COWS

collagen
1,000mg type I+III

revive skin,
hair & nails ♦

Dietary Supplement
90 Caplets



Supplement Facts

Serving Size 1 Caplet

Servings Per Container 90

Amount Per Serving	%Daily Value
Protein	1 g 0% **
Hydrolyzed Collagen Peptides Type I+III (from bovine)	1000 mg *

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

*Daily Value not established.

Other ingredients: Vegetable cellulose, stearic acid, vegetable magnesium stearate, silicon dioxide, vegetable glaze.

Manufactured by
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