

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

Bluebonnet's Beautiful Ally® Hair, Skin & Nails Vegetable Capsules are specially formulated to protect, maintain and nourish lustrous hair, skin and nails daily with vitamins, minerals and other ingredients like biotin, type I + III collagen peptides, keratin, and MSM. These beauty nutrients provide the body the building blocks necessary to improve the strength and appearance of hair and nails while enhancing skin moisture, elasticity, and radiance from the inside out.♦

Beautiful Ally® is a registered trademark of Bluebonnet Nutrition Corporation.
Cynatine® HNS is a registered trademark of Roxlor International, LLC.
OptiMSM® is a registered trademark of Cardinal Nutrition, Inc.

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
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Bluebonnet®

BEAUTIFUL Ally®

hair, skin
& nails

daily beauty
regimen ♦

Dietary Supplement
90 Vegetable Capsules



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 45

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.



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