

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

**Bluebonnet's Biotin 1000 mcg Vegetable Capsules** are formulated with yeast-free biotin in its crystalline form to support healthy hair and strong, durable nails.♦

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

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

Bluebonnet's KOF-K Certification #K-0000700

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



# Biotin

## 1000 mcg



Dietary Supplement  
**90 Vegetable Capsules**



## Supplement Facts

Serving Size 1 Capsule

Servings Per Container 90

| Amount<br>Per Serving |          | % Daily<br>Value |
|-----------------------|----------|------------------|
| Biotin                | 1000 mcg | 3333%            |

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

Manufactured by  
**Bluebonnet Nutrition Corporation**  
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