



Dietary Supplement **90** Vegetable Capsules

Beauty Support ♦

Ultimate Hair & Nail Formula®

Bluebonnet



• 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.



Directions: As a dietary supplement, take three capsules once daily, preferably with a meal or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene 10,000 IU) (as vitamin A palmitate 5000 IU)	3000 mcg 333%
Vitamin C (as L-ascorbic acid)	500 mg 556%
Vitamin E (as 200 IU d-alpha tocopheryl succinate)	134 mg 893%
Thiamin (as thiamin mononitrate)	30 mg 2500%
Riboflavin (as riboflavin)	30 mg 2308%
Niacin (as niacinamide)	30 mg 188%
Vitamin B ₆ (as pyridoxine HCl)	30 mg 1765%
Folate (as 800 mcg folic acid)	1336 mcg DFE 334%
Vitamin B ₁₂ (as cyanocobalamin)	50 mcg 2083%
Biotin	1000 mcg 3333%
Pantothenic Acid (as calcium D-pantothenate)	30 mg 600%
Calcium (as citrate, carbonate)	100 mg 8%
Magnesium (as magnesium aspartate)	50 mg 12%
Zinc (as zinc picolinate)	25 mg 227%
Selenium (as L-selenomethionine)	200 mcg 364%
Manganese (as manganese gluconate)	5 mg 217%
Choline (as bitartrate)	12 mg 2%
MSM (methylsulfoniylmethane)	250 mg *
Horsetail Powder	100 mg *
L-Cysteine HCl	100 mg *
L-Proline	100 mg *
L-Methionine	50 mg *
Inositol	30 mg *
PABA (para-aminobenzoic acid)	30 mg *

* Daily Value not established.

Other ingredients: Capsule (hypromellose, purified water), vegetable magnesium stearate, silicon dioxide, stearic acid, vegetable cellulose.

Contains: Soybeans

Manufactured by Bluebonnet Nutrition Corporation
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bluebonnetnutrition.com

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

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

Minerals are shown in their elemental value.

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.

