

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



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

Also free of corn, 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**

**Hair & Nail Support ♦**



**Dietary Supplement 90 Vegetable Capsules**

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

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 90

Amount Per Serving		% Daily Value
Biotin	1000 mcg	3333%

Other ingredients: Vegetable cellulose, capsule (hypromellose, purified water), vegetable magnesium stearate.

Manufactured by  
**Bluebonnet Nutrition Corporation**  
12915 Dairy Ashford  
Sugar Land, Texas 77478 USA  
[bluebonnetnutrition.com](http://bluebonnetnutrition.com)

