

Bluebonnet's Beautiful Ally® Biotin 10,000 mcg Vegetable Capsules are specially formulated to strengthen hair and nails with biotin, a water-soluble B vitamin, in its crystalline form.◆

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

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

BEAUTIFUL Ally®

biotin
10,000 mcg

strengthen
hair & nails◆

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	10,000 mcg	33,333%

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

Manufactured by
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