

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

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

Also free of gluten, barley and sugar.

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 Balchem Corporation or its subsidiaries.

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®

hair, skin
& nails

daily beauty
regimen ♦

Dietary Supplement
60 Vegetable Capsules



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

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

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)	500 mg	*
Keratin (solubilized)	50 mg	*
Glutathione (reduced free-form L-glutathione)	40 mg	*
CoQ10 (ubiquinone)	25 mg	*
Trans-Resveratrol (Japanese knotweed root extract)	20 mg	*

*Daily Value not established.

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

Manufactured by
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