Contains No sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take one (1) tablet with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

KEEP OUT OF REACH OF CHILDREN.

MSM

1,000 mg

OptiMSM®

Dietary Supplement

120 Tablets

SUPPLEMENT FACTS

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
MSM** (methylsulfonylmethane)	1,000 mg	*

*Daily Value not established

Other Ingredients: Cellulose, vegetable stearin, cellulose gum, magnesium stearate, silica and food glaze.

** From OptiMSM® brand premium MSM.

MSM is a naturally-occurring compound that provides sulfur for many important physiological functions in the human body. MSM and related compounds provide nearly 85% of the sulfur found in all living organisms. Sulfur comprises approximately 0.25% of body weight and is present at significant amounts in nerve tissue, muscle tissue, skin, hair and bones. MSM is found in fresh fruits, vegetables, seafood and meats. The compound is water soluble and readily absorbed. MSM levels decline with age.

OptiMSM® is a trademark of Bergstrom Nutrition.

QUALITY & POTENCY GUARANTEED

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BAR CODE PLACEHOLDER DO NOT REMOVE