

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

Suggested Use: As a dietary supplement, adults mix one half (1/2) teaspoon in eight (8) oz. of water or preferred beverage and stir vigorously. Use with meals one or more times per day, 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 Powder

2,000 mg
PER SERVING

OptiMSM[®]

Dietary Supplement
Net Wt. 16 oz. (454 g)

SUPPLEMENT FACTS

Serving Size 1/2 teaspoon (approx. 2 g)
Servings Per Container 227

	Amount Per Serving	% Daily Value
MSM** (methylsulfonylmethane)	2,000 mg	*

*Daily Value not established

** 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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