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\*\*\* from Opti-MSM, a premium brand of MSM manufactured by Bergstrom Nutrition.

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

**Suggested Use:** As a dietary supplement, adults take three (3) tablets daily at mealtime, 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.**

# Hair, Skin & Nails

*Dietary Supplement*  
90 Tablets

## SUPPLEMENT FACTS

Serving Size 3 Tablets  
Servings Per Container 30

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as palmitate) 1,500 mcg (5,000 IU)	167%	Zinc ** (as monomethionine) 5 mg	45%
Vitamin C (as ascorbic acid) 60 mg	67%	Selenium (as l-selenomethionine) 200 mcg	364%
Vitamin D (as cholecalciferol) 5 mcg (200 IU)	25%	Copper (as amino acid chelate) 1 mg	111%
Vitamin E (as d-alpha tocopheryl succinate) 24.79 mg	165%	Manganese (as amino acid chelate) 5 mg	217%
Vitamin B-1 (as thiamine hydrochloride) 25 mg	2,083%	L-Cysteine 300 mg	*
Vitamin B-2 (as riboflavin) 25 mg	1,923%	MSM (methylsulfonylmethane)*** 200 mg	*
Niacin (as niacinamide) 20 mg	125%	Citrus bioflavonoids 100 mg	*
Vitamin B-6 (as pyridoxine hydrochloride) 25 mg	1,471%	Horsetail leaf extract 100 mg	*
Folate 680 mcg DFE (400 mcg folic acid)	170%	Nettle leaf powder 100 mg	*
Vitamin B-12 (as cyanocobalamin) 100 mcg	4,167%	L-Methionine 50 mg	*
Biotin 1,200 mcg	4,000%	Trace minerals 50 mg	*
Pantothenic acid (as d-calcium pantothenate) 100 mg	2,000%	Inositol 25 mg	*
Choline (as bitartrate) 25 mg	5%	PABA (as para aminobenzoic acid) 10 mg	*
Calcium (as carbonate, amino acid chelate) 300 mg	23%	Boron (as citrate, aspartate, glycinate) 1 mg	*
Magnesium (as oxide, amino acid chelate) 60 mg	14%		

\*Daily Value not established

**Other Ingredients:** Cellulose, cellulose gum, vegetable stearin, silica, dicalcium phosphate and magnesium stearate. Contains soy.



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BAR CODE PLACEHOLDER  
DO NOT REMOVE

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