

Best MSM supplies pure crystalline MSM (methylsulfonylmethane), purified by double distillation. MSM is a naturally-occurring source of organic sulfur that is easily absorbed and used by the body. Taken up from the soil by plants, MSM found in foods is largely lost during food processing, storage and cooking.

MSM supports organ and joint function by donating sulfur for maintenance of healthy connective tissue.* MSM helps keep skin, hair and nails healthy by donating sulfur for production of keratin, a fibrous protein.* Supports joint function.*

*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.

Distributed by **Doctor's Best, Inc.**
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Doctor's
BEST®

**Science-Based
Nutrition™**

LIGNISUL® MSM

*Dietary
Supplement*

BIOAVAILABLE NATURAL SULFUR
MAINTAINS HEALTHY CONNECTIVE TISSUE*

1000 mg / 180 Capsules

Supplement Facts

Serving Size 1 capsule
Servings per container 180 servings

		Amount per serving	% Daily Value
Methylsulfonylmethane	1 gram (1000 mg)		†
LIGNISUL® MSM			

† Daily Value not established.

Other ingredients: Gelatin (capsule).

Suggested Adult Use: Take 1 to 3 capsules daily, with or without food.

Not Suitable for Vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS

