

Directions: As a dietary supplement, take one capsule daily or as directed by a healthcare practitioner.

Bluebonnet's MSM 1000 mg Capsules contain pure patented **OptiMSM®** methylsulfonylmethane, a non-toxic form of active sulfur. Bluebonnet's MSM is all natural and tested in our own state-of-the-art laboratory for purity and potency. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

OptiMSM® is a registered trademark of Cardinal Nutrition, Inc.

Manufactured by
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Bluebonnet



MSM

1000 mg

Patented Methylsulfonylmethane Sulfur
Dietary Supplement
60 Vegetable Capsules

OptiMSM®



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
MSM (methylsulfonylmethane)	1000 mg *

* Daily Value not established.

Other ingredients: Kosher vegetable capsules, vegetable magnesium stearate.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700