

STORE IN A COOL, DRY PLACE.
Recommendations: As a dietary supplement,
take 2 capsules, 1-3 times daily, with meals.
[†]Individual results may vary.

Warning: If you are pregnant or lactating,
have any health condition or are taking any
medication, consult your health professional
before use. Do not take if you are sensitive
to shellfish.

Keep out of the reach of children.



Scan to learn about our
hypoallergenic supplements

Use only if safety seal is
intact.
Contents may not fill package
in order to accommodate
required labeling. Please rely
on stated quantity.
Certified Gluten-Free
by the Gluten-Free
Certification Organization,
www.gluten.org



Glucosamine MSM

with joint comfort herbs

OptiMSM[®]
*Supports connective tissue
health and joint comfort^{†‡}*

Gluten-free & Non-GMO
Dietary Supplement
180 CAPSULES



Supplement Facts		
Serving size 2 capsules Servings per container 90		
	Amount Per Serving	%DV
Glucosamine sulfate (from crab, shrimp)	500 mg	*
MSM (methylsulfonylmethane)	500 mg	*
Ginger (<i>Zingiber officinale</i>) extract (root) (standardized to contain 5% gingerols)	250 mg	*
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	250 mg	*
*Daily value (DV) not established		

Other ingredients: vegetarian capsule (cellulose, water),
ascorbyl palmitate

Contains shellfish (crab, shrimp)
OptiMSM[®] is a registered trademark of Bergstrom Nutrition.

**†This statement has not been evaluated by the Food and
Drug Administration. This product is not intended to
diagnose, treat, cure, or prevent any disease.**