

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 2 capsules, 1-3 times daily, with meals.

^A 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



*Supports connective tissue health
and joint comfort^{‡Δ}*

Gluten-free & Non-GMO
Dietary Supplement
360 CAPSULES



Supplement Facts

Serving Size 2 capsules
Servings per container 180

	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 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.**