

MSM Methylsulfonylmethane

MSM is a bioavailable form of sulfur. We include molybdenum because taking supplemental MSM may encourage urinary excretion of molybdenum.*

Suggested Use

As a dietary supplement, 1 to 3 capsules one to five times daily, or as directed by a healthcare practitioner.

Keep in a cool, dry place, tightly capped.

OptMSM

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Formulated exclusively
for NutriCology®
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MSM

Methylsulfonylmethane

Hypoallergenic

Dietary Supplement



150 vegetarian capsules

Supplement Facts

Serving Size	3 Capsules
Servings Per Container	50

Amount Per Serving	% Daily Value*
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Molybdenum (as Sodium Molybdate)	30 mcg	40%
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Methylsulfonylmethane	1500 mg	†
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† Daily Value not established. * Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

*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.

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