

glucosamine
chondroitin complex
plus MSM
dietary supplement



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chondroitin
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plus MSM
dietary supplement

smaller, easier-to-swallow tablet
glucosamine and chondroitin
help rebuild cartilage and
lubricate joints**
hyaluronic acid is a natural
component of body tissue
and joints
3 tablets per day



90
TABLETS

**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.

90 COATED TABLETS



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breakthrough ingredients

Antioxidant proprietary extract

A dual antioxidant system that helps protect joints from harmful oxidants**

Glucosamine and chondroitin

Helps rebuild joints**

Hyaluronic acid

A key tissue and joint component

Antioxidant extract

Free radical protection**

Methylsulfonylmethane (MSM)

Provides sulfur which is important for the structural integrity of joint cartilage and connective tissue.**

NO: LACTOSE, YEAST, WHEAT, GLUTEN, OR MILK.

NO ARTIFICIAL COLORS OR FLAVORS

***This product is not manufactured or distributed by Schiff Nutrition Group, Inc., distributor of Move Free® Advanced plus 1500 mg MSM.

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THE CONTAINER INSIDE IS FILLED BY COUNT, NOT WEIGHT.

DO NOT USE IF PRINTED SEAL UNDER CAP IS BROKEN OR MISSING

Directions: Adults, take three (3) tablets together with a meal **once** a day. If taking other dietary supplements, it is best to take this product at a different time of day than those supplements. As a reminder, discuss the supplements and medications you take with your healthcare provider.

Supplement Facts

Serving Size Three (3) Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories 15	
Total Carbohydrate 4 g	1%*
Sodium 25 mg	1%
Glucosamine Hydrochloride 1.5 g (1500 mg)	†
MSM (methylsulfonylmethane) 1.5 g (1500 mg)	†
Chondroitin Sulfate Sodium 200 mg	†
Antioxidant Proprietary Extract 250 mg	†
Chinese Skullcap (root) (<i>Scutellaria baicalensis</i>)	
Black Catechu (wood) (<i>Acacia catechu</i>)	
Hyaluronic Acid 3.3 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hypromellose, Croscarmellose Sodium, Crospovidone, Titanium Dioxide, Magnesium Stearate, Silicon Dioxide, Polyethylene Glycol, Polysorbate 80. **CONTAINS: SHRIMP, CRAB, CRAYFISH**

CAUTION: If you are pregnant or nursing, or if you take any medication (including OTC medication), or if you have ANY MEDICAL CONDITION or are planning any medical procedure, consult your doctor before use. **Avoid this product if you have allergies to shellfish or sulfur.** Discontinue use and consult your doctor if any adverse reactions occur. NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.

Keep out of reach of children.

Store in a cool, dry place, tightly closed.

GLUTEN FREE

Questions? Call 1-800-910-6874

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