

Doctor's Best MSM with OptiMSM® contains a high quality purified MSM (methylsulfonylmethane) backed by numerous clinical studies for safety and efficacy.* MSM is a natural sulfur compound that helps support the formation of healthy connective tissues.* It also helps support overall joint health, mobility, and a normal range of motion.* It also may help reduce oxidative damage to support a healthy immune system.*

MSM provides the sulfur reputable for being nature's 'beauty mineral'. Sulfur is a key component of collagen that supports the skin's structural framework and is also a building block of keratin, a structural constituent of hair and nails.*

Helps support joint comfort and mobility*

Helps support healthy immune response*

Helps support antioxidant defenses*

Helps support overall health for hair, skin, and nails*

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



YDRB064-3



**Dietary
Supplement**

**Doctor's
BEST®**

**Science-Based
Nutrition™**

MSM
with **OptiMSM®**

HELPS SUPPORT JOINT HEALTH*

1000 mg • 180 Capsules

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 60

	Amount Per Serving	% Daily Value
MSM (Methylsulfonylmethane)(OptiMSM®)	3000 mg	†

† Daily Value not established.

Other Ingredients: Gelatin (capsule).

Suggested Adult Use: Take 3 capsules daily with food, or as recommended by a nutritionally-informed physician.

WARNING: If you are pregnant or lactating, consult your physician before using any health supplement.

Non-GMO / Gluten Free

Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**

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