



Vitacost Glucosamine Chondroitin & MSM Description

A combination formula providing critical nutrients to stimulate cells to help build joint cartilage.*

What is Vitacost Glucosamine Chondroitin & MSM?

Vitacost Glucosamine Chondroitin & MSM is a combination formula that contains building block nutrients for promoting healthy joint tissues.* Each 4-capsule serving includes the following:

Glucosamine. Glucosamine is a naturally occurring chemical found throughout the human body, including in the fluids surrounding joints. This formula contains 1,500 mg of glucosamine sulfate, the form of glucosamine used most often in research.

Chondroitin. Chondroitin is another naturally occurring chemical, found in cartilage around joints in the body. Included are 1,200 mg of chondroitin sulfate, the most widely available and commonly used form of this nutrient.

MSM. Methylsulfonylmethane, or MSM, is an organic source of sulfur that the body uses to maintain normal connective tissues.* Included are 1,000 mg of OptiMSM®, a patented, pure, distilled form of MSM.

How does Vitacost Glucosamine Chondroitin & MSM support health?

Provides critical nutrients to stimulate cells to help build joint cartilage.*

Provides scientifically proven ingredients that have been shown to safely and effectively promote a healthy inflammatory response.*

MSM's sulfur content is used by the body to maintain normal connective tissues.*

Directions

As a dietary supplement, take 4 capsules daily or as directed by a physician. Best results are obtained with long-term use (more than three months).

Free Of

Milk, eggs, peanuts, tree nuts, fish, soy, gluten, titanium dioxide.

*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.

Supplement Facts

Serving Size: 4 Capsules
Servings per Container: 30

	Amount Per Serving	% Daily Value
Sodium (from Chondroitin Sulfate Sodium)	100 mg	4%
Potassium (from Glucosamine Sulfate [2 KCl]))	220 mg	6%
Glucosamine Sulfate (2 KCl)	1500 mg	*
Chondroitin Sulfate	1200 mg	*
MSM (methylsulfonylmethane) OptiMSM®	1000 mg	*

*Daily value not established.

Other Ingredients: Gelatin, silicon dioxide, vegetable magnesium stearate and vegetable stearic acid.

Contains: Shellfish (shrimp & crab).

Store in a cool, dry place.

About Vitacost

Vitacost nutritional products are manufactured to high standards of quality, efficacy and safety. Each Vitacost product meets or exceeds the standards and requirements set forth in the FDA's Code of Federal Regulation (21 CFR, 111) Current Good Manufacturing Practices (CGMP).

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Warnings

Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements.



OptiMSM® is a registered trademark of Bergstrom Nutrition.