

**Doctor's Best Glucosamine Chondroitin MSM** provides three important nutrients which help support healthy joints and connective tissues: glucosamine, chondroitin and Methylsulfonylmethane (MSM, from OptiMSM®). Glucosamine sulfate helps joint health for joint lubrication, better joint movement and flexibility.\* Cartilage, composed of proteoglycans, is mainly located on bones, near the joints and consists primarily of collagen protein with side chains called chondroitin sulfate. MSM supplies bioavailable sulfur needed to support joint health, hair, skin, and nails. OptiMSM® is purified via distillation for highest purity and consistency and is an excellent source of bioavailable sulfur.\*

**Helps support joint health and flexibility\***

**Helps support and maintain the body's joints\***

**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.**

OptiMSM® is a registered trademark of Bergstrom Nutrition®



YDRB081-6

**Dietary  
Supplement**

**240 Capsules**

**Doctor's  
BEST®**

**Science-Based  
Nutrition™**

# Glucosamine Chondroitin MSM<sup>with</sup> OptiMSM®

**HELPS SUPPORT JOINT HEALTH  
AND FLEXIBILITY\***

## Supplement Facts

Serving Size 4 Capsules  
Servings Per Container 60

|                                                          | Amount Per Serving | % Daily Value |
|----------------------------------------------------------|--------------------|---------------|
| Chloride (from glucosamine sulfate 2KCl)                 | 180 mg             | 8 %           |
| Sodium (from chondroitin sulfate sodium)                 | 85 mg              | 4 %           |
| Potassium (from glucosamine sulfate 2KCl)                | 180 mg             | 4 %           |
| Glucosamine Sulfate 2KCl                                 | 1500 mg            | †             |
| Chondroitin Sulfate<br>(from chondroitin sulfate sodium) | 1200 mg            | †             |
| MSM (Methylsulfonylmethane)(OptiMSM®)                    | 1000 mg            | †             |

† Daily Value not established.

**Other Ingredients:** Gelatin (capsule), microcrystalline cellulose, magnesium stearate (vegetable source), silicon dioxide.

**Contains Shellfish (crab and shrimp shells)**

**Suggested Adult Use:** Take 4 capsules daily with food, or as recommended by a nutritionally-informed physician.

**WARNING:** Consult your physician before using any health supplement if pregnant, lactating, have a medical condition, or taking medications for diabetes, glaucoma or warfarin. Not for use by individuals under the age of 18 years. Keep out of reach of children.

**Non-GMO / Gluten Free / Soy Free**

Store in a cool dry place.

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

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