



1 serving

Mixed with



8-16 oz.

Favorite Beverage



2-3x daily

**Suggested Use:** As a dietary supplement, take 1 scoop (1000mg) mixed into your favorite beverage 2-3 times daily or as directed by your physician. Nutritionists recommend a daily intake of 4 to 15 grams. MSM can be taken in higher doses (16 to 30 grams), but only under a doctor's supervision, due to its blood thinning effects.

VEGETARIAN | NON-GMO | GLUTEN FREE | BSE/TSE FREE

**Warning:** NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. KEEP OUT OF THE REACH OF CHILDREN. If you are pregnant, breast feeding, have known medical conditions (including kidney or liver disease) or are taking prescription or OTC medication(s) consult with your health care practitioner before using this product. Discontinue use two weeks prior to surgery.



OptiMSM is a registered trademark of Bergstrom Nutrition, Vancouver, Washington, USA.

Manufactured by: NutraBio Labs, Inc.

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**GMP & FDA**  
INSPECTED FACILITY

FDA Registration: 16906175560



**NUTRABIO**

# MSM

## METHYLSULFONYLMETHANE

SUPPORTS HEALTHY JOINTS & CONNECTIVE TISSUE†

NO FILLERS

NO EXCIPIENTS

HPLC Lab Tested for Potency

Free of Harmful Impurities



500G  
POWDER

Dietary Supplement  
Net Wt. 1.1 lb (500g)

MADE IN OUR  
**GMP**  
&  
**FDA**  
INSPECTED  
FACILITY



### Supplement Facts

Serving size: 1 scoop (1 gram)  
Servings per container: 500

	Amount Per Serving	%DV
<b>MSM</b> (OptiMSM®) (methylsulfonylmethane)	1g	*

\*Daily value (DV) not established

Other Ingredients: ABSOLUTELY NONE.

THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME. SOME SETTLING OF CONTENTS MAY HAVE OCCURRED DURING THE SHIPPING AND HANDLING. STORE IN A COOL DRY PLACE. SERVING SCOOP INCLUDED (MAY SETTLE TO THE BOTTOM DURING SHIPPING.)

†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.

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