

**FREE WITH PURCHASE OF  
GLUCOSAMINE CHONDROITIN 150 TABLETS**

Solgar's MSM (Methylsulfonylmethane) Tablets are free of corn, yeast, wheat, soy, gluten and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

Solgar's KOF-K certification #K-1250

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free  
1-877-SOLGAR 4  
[www.solgar.com](http://www.solgar.com)



**MSM**

(Methylsulfonylmethane)

**500 mg**

**DIETARY SUPPLEMENT**

**60 TABLETS**

**SUITABLE FOR VEGETARIANS  
SUGAR, SALT AND STARCH FREE**



## Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving	%DV
--------------------	-----

Total Carbohydrate	<1 g	<1%*
--------------------	------	------

MSM	1 g (1000 mg)	**
(as methylsulfonylmethane)		

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Glycerin, Vegetable Stearic Acid.

**SUGGESTED USE:** As a dietary supplement for adults, take two (2) tablets daily, preferably at mealtime or as directed by a healthcare practitioner. Not formulated for use in children.

For best results, take with 500 mg of Solgar's Vitamin C.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Keep out of reach of children.

**OptiMSM™**

OptiMSM™ is a registered trademark of Cardinal Nutrition.

01730USSLS

CAREFULLY MANUFACTURED BY:

**SOLGAR VITAMIN AND HERB, 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.**