

PRODUCT INFORMATION:

One tablet typically provides:

Vitamin C	30mg	%NRV*	38
Zinc	5mg		50
Copper	250µg		25
Boron	250µg		
Methyl Sulphonyl Methane (MSM)	450mg		
Glucosamine	150mg		
- provided by Glucosamine HCl	180mg		
Ginger rhizome extract	25mg		
- equivalent to ginger rhizome	500mg		
Nettle leaf extract	18.75mg		
- equivalent to nettle leaf	75mg		
Celery Seed extract	7.5mg		
- equivalent to celery seed	75mg		
Panax Ginseng extract	1.5mg		
- equivalent to panax ginseng	15mg		
Kelp	5mg		

*NRV - Nutrient Reference Value

INGREDIENTS:

Methyl sulphonyl methane, bulking agent: microcrystalline cellulose; natural lithothamnion calcarea, glucosamine HCl, ascorbic acid, anti-caking agent: magnesium stearate; ginger rhizome extract pdr, nettle leaf extract pdr, zinc citrate, anti-caking agent: silicon dioxide; coating: hydroxypropyl methylcellulose (glycerine); **celery** seed extract pdr, natural kelp¹, sodium borate, panax ginseng extract pdr, copper citrate, pdr = powder. ¹(vegetarian source) ²May contain naturally occurring fish and crustacea.

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, soya, sugar, wheat, yeast.

Suitable for vegetarians and vegans.

This product is not tested on animals.

%NRV*

38
50
25

higher nature.



MSM GLUCOSAMINE JOINT COMPLEX WITH VIT C, COPPER & ZINC

ULTIMATE NUTRITION

FOOD SUPPLEMENT

90
tablets

MSM GLUCOSAMINE JOINT COMPLEX

- ✓ Vitamin C supports normal collagen formation for normal bones and joints.
- ✓ Zinc supports normal bones.
- ✓ Copper supports normal connective tissue.

DIRECTIONS:

Take 1-4 tablets a day, with meals, building gradually, or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

WARNING:

Not advisable if pregnant or taking warfarin. Initially may cause a laxative effect. This is normal, drink water and reduce intake if symptoms persist.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

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MSG-054-06



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