

MSM (Methylsulfonylmethane) provides a source of naturally present bioavailable sulfur, a mineral that supports collagen, connective tissue and healthy joint cartilage. **MSM also supports joint mobility.***

*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®

OptiMSM® is a registered trademark of Cardinal Associates, Inc. DBA Bergstrom Nutrition.

Carefully Manufactured by:
Solgar, Inc.

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SOLGAR®
Since 1947

MSM

(METHYLSULFONYLMETHANE)

1000 MG

JOINT AND CONNECTIVE TISSUE SUPPORT*



Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



60 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving

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

****Daily Value not established**

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

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet two times daily, preferably with meals or as directed by a healthcare practitioner.

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

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

