



Suggested Use: Mix 1 scoop daily in about 12 fl. oz. of pure, cold water or (for optimal flavor) in your favorite milk beverage. You may take 1 serving two times a day if desired.
TASTE TIP: Add a few ice cubes before mixing. **FOR DAILY USE.**

Supplement Facts

Serving Size 10.62 g (Approx. 1 scoop)
Servings Per Container Approx. 30

Amount Per Serving	% Daily Value	
Calories	30	
Total Carbohydrate	2 g	1%*
Dietary Fiber	1 g	4%*
Protein	5 g	
Iron	0.88 mg	5%
Sodium	20 mg	1%
Potassium	133 mg	3%
Fortigel® B Gelatin Hydrolysate	5 g	†
OptiMSM® Methylsulfonylmethane	1.5 g	
Stevia Leaf extract	160 mg	
*Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established.		

Other ingredients: Chocolate bean powder, guar gum powder, natural flavor, silicon dioxide.

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OptiMSM®

