

**PRODUCT INFORMATION:**

One tablet typically provides:

Methyl sulphonyl methane (MSM) 1000mg

**INGREDIENTS:** Methyl sulphonyl methane, natural lithothamnion calcarea; bulking agent: microcrystalline cellulose; coating: hydroxypropyl methylcellulose (glycerine); anti-caking agent: silicon dioxide; anti-caking agent: magnesium stearate.

**FREE FROM:** Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, sugar, wheat, yeast.

# HIGHER NATURE®

BODY HEALTH

## MSM

Dietary sulphur



180 tablets  
vegetarian and vegan

**MSM****FOOD SUPPLEMENT - 180 TABLETS**

- ✓ Dietary sulphur, needed for collagen and keratin production
- ✓ MSM is a component of cartilage

**DIRECTIONS:** Adults take 1-6 tablets (children 8 and over 1 tablet) a day with meals building gradually. 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:** Initially may cause laxative effect. This is normal, drink water and reduce intake if symptoms persist.

**STORAGE:** Store in a cool, dry place out of reach of children.



MSM180 118

MSM-055-05

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This product has not been tested on animals.