

PRODUCT INFORMATION:

One tablet typically provides:

		%NRV*
Vitamin C	30mg	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, vitamin C, anti-caking agent: magnesium stearate; ginger rhizome extract, nettle leaf extract, zinc citrate, anti-caking agent: silicon dioxide; coating: hydroxypropyl methylcellulose (glycerine); **celery** seed extract, natural kelp†, sodium borate, panax ginseng extract, copper citrate. (Allergens in **bold**) †May contain naturally occurring fish and crustacea.

FREE FROM: Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, soya, sugar, wheat, yeast. This product has not been tested on animals.

HIGHER NATURE®

BODY HEALTH

MSM GLUCOSAMINE JOINT COMPLEX

With vitamin C,
copper & zinc

11 active nutrients

90 tablets
vegetarian and vegan



MSM GLUCOSAMINE JOINT COMPLEX FOOD SUPPLEMENT- 90 TABLETS

- ✓ With 11 active nutrients including 5 plant extracts
- ✓ Contains the superior form of glucosamine
- ✓ With zinc to support bones
- ✓ Vitamin C supports normal collagen formation for normal bones and joints
- ✓ Copper supports normal connective tissue

DIRECTIONS: Take 1-4 tablets 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: Not advisable if pregnant or taking blood thinning medication. Initially may cause a 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.

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