

Best MSM Powder supplies OptiMSM® (methylsulfonylmethane), a naturally-occurring source of organic sulfur that is easily absorbed and used by the body. MSM occurs throughout nature as part of the global "sulfur cycle." Formed in the upper atmosphere, MSM falls to earth in rain water and is then absorbed from the soil by plant life. MSM found in foods such as fresh-picked fruits and vegetables is largely lost during food processing, storage and cooking. This makes it difficult to obtain substantial amounts of MSM from dietary sources.

MSM supports organ and joint function by donating sulfur for maintenance of healthy connective tissue.* MSM helps keep skin, hair and nails healthy by donating sulfur for production of keratin, a fibrous protein.* Supports joint function.*

*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.

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Doctor's
BEST®

**Science-Based
Nutrition™**

OptiMSM®

Best BIOAVAILABLE
NATURAL SULFUR
MSM
Dietary
Supplement **Powder**

MAINTAINS HEALTHY CONNECTIVE TISSUE*

250 grams

Supplement Facts

Serving Size 1/4 teaspoon (1 gram)
Servings per container 250 servings

	Amount per serving	% Daily Value
Methylsulfonylmethane	1 gram (1000 mg)	†

OptiMSM

† Daily Value not established.

Other Ingredients: None.

Suggested Adult Use: Take 1 to 4 grams (1000 - 4000 mg) daily in divided doses of 1/4 to 1/2 teaspoon. Mix with 8 ounces water or juice.

Suitable for Vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS.

OptiMSM® is a registered trademark of Bergstrom Nutrition®

Manufactured for **Doctor's Best, Inc.**

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