

**SUGGESTED USAGE:** Take 2 capsules 1 to 2 times daily with food, or as directed by your healthcare practitioner.

**HOW IT WORKS:** MSM (methylsulfonylmethane) is a natural form of bioavailable sulfur found in all living organisms. Sulfur is critical for the formation of collagen, keratin, and elastin, which are proteins that make up most of the body's structural tissues, including hair, skin, nails, bone, cartilage, and ligaments.\* Sulfur is also necessary for glutathione, lipoic acid, and SAME production.\* Clinical studies demonstrate that MSM may help to maintain healthy joint tissues.\*

**CAUTIONS/INTERACTIONS:** MSM is generally well tolerated with no known drug interactions. Pregnant/nursing women, as well as individuals with glaucoma should consult their healthcare practitioner before taking MSM. Some reports state that MSM has been detected in proton magnetic resonance spectroscopy imagery of the brain and cerebral fluid; these observations were not related to any clinical manifestation related to the intake of MSM.

CODE  
P2120B  
V5



**PROTOCOL  
FOR LIFE BALANCE®**

**MSM**

**Bio-Available Sulfur  
1000 mg**

- For Connective Tissue\*
- Supports Healthy Joints\*

**Non-GMO**

**180 Veg Capsules**

A Dietary Supplement    Vegetarian/Vegan

## Supplement Facts

Serving Size 2 Veg Capsules

Servings Per Container 90

### Amount Per Serving

MSM (Methylsulfonylmethane)	2 g (2,000 mg)*
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\* Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

Formulated & Distributed by Protocol For Life Balance®  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA  
protocolforlife.com

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

\*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.

Natural color variation may occur in this product.