

USAGE: Take 1 tablet 1 to 2 times per day or as directed by your qualified healthcare professional.

NOTE: Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

Jarrow Formulas® MSM is an organic source of **bioavailable sulfur**. Sulfur is an antioxidant mineral.* Sulfur is found in the human body in structural proteins, such as chondroitin sulfate, dermatan sulfate and hyaluronic acid.* These sulfur-containing structural proteins are primarily in connective tissues, including joint cartilage, and skin.*

For best results, use with **Jarrow Formulas® JarroSil®**, the biologically **Activated Silicon®**.

Keep out of the reach of children.

Store in a cool, dry place.

* 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.

Lot #. Best Used Before:

Jarrow
F O R M U L A S

Methyl-Sulfonyl-Methane MSM

1000 MG

OptMSM®

120 TABLETS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	
Methyl-Sulfonyl-Methane (MSM)	1,000 mg †

† Daily Value (DV) not established.

Other Ingredients: Cellulose, calcium carbonate, stearic acid (vegetable source), food-grade coating (hydroxy-propylmethylcellulose, glycerin) magnesium stearate (vegetable source) and silicon dioxide.

Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317 • 1-866-459-4154
www.Jarrow.com

Made in the U.S.A. - Worldwide Ingredients

OptiMSM® is a registered trademark of Bergstrom Nutrition.

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