

MSM, methylsulfonylmethane, is a vital, bioavailable dietary supplement of sulfur that is found in our living tissues. MSM is an end product of DMSO (Dimethyl Sulfoxide) and helps maintain healthy joints and cartilage.\*

**\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

**TAMPER EVIDENT:** Do not use this product if imprinted foil seal under cap is broken or missing. FDA Registered Facility (Reg. #1023013)

Mfg. under Good Manufacturing Practices (GMPs)  
M. S. M. is a DMSO metabolite.

Keep tightly closed. Use before date shown.  
Store at room temperature: 59°-86°F (15° to 30°C).

**KEEP OUT OF REACH OF CHILDREN.**

**CAUTION:** If you are pregnant or nursing do not take this product.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability.

**dc**®



OptiMSM™ #534

®

**M. S. M.**

**Helps Maintain Healthy  
Joints and Cartilage\***

Dietary Supplement  
Suitable for Vegetarians

**60 VEG TABLETS**

## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving
M. S. M.	1000 mg **
(as methylsulfonylmethane)	

\*\* Daily Value not established.

Other ingredients: Vegetable stearic acid, silica, vegetable magnesium silicate, cellulose, vegetable magnesium stearate.

**DIRECTIONS:** As a dietary supplement, take 1 tablet two times each day, morning and evening, preferably with a meal.

Manufactured by:

**Dee Cee Laboratories, Inc.** ®, White House, TN 37188