

Suggested Use: Take 1 scoop (3g*) mixed in water or juice daily, or as recommended by a Healthcare Practitioner.

Formulated Without: GMOs, Gluten or Soy.

Warnings: Keep out of reach of children. As with all dietary supplements, it is recommended to consult with a healthcare professional before adding something new to your health and wellness regimen.

NOTE: *3 grams per scoop is an average. Individual scooping technique may yield slightly more or less than 3 grams.

THIS PRODUCT IS SOLD & PACKAGED BY WEIGHT, NOT BY VOLUME. SETTLING OF CONTENTS OCCURS OVER TIME AND CANNOT BE AVOIDED.

*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.

OptMSM

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LAKE AVENUE™
NUTRITION

OptiMSM®

Methylsulfonylmethane

**Supports Connective
Tissue & Joint Health***

**Dietary
Supplement**

35 oz. (2.2 lbs.) 1 kg Flakes

Supplement Facts

Serving Size 1 scoop (3g*)

Servings Per Container About 333

	Amount Per Serving	%Daily Value
MSM (Methylsulfonylmethane)	3g	†
† Daily Value not established.		

Other Ingredients: None.

Not manufactured with milk, egg, fish, shellfish, tree nuts, peanuts, wheat, soy, or gluten. Produced in a third-party GMP facility that may process other products that contain these allergens or ingredients.



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Manufactured for: **Madre Labs, LLC**
301 N. Lake Ave., Ste. 500, Pasadena, CA 91101
Contact email: info@LakeAvenueNutrition.com
LakeAvenueNutrition.com
LREVO820opt1kgf lkn1627

