

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 2 capsules, 1-3 times daily, with meals.

[†]Individual results may vary.

Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Do not take if you are sensitive to shellfish.

Keep out of the reach of children.



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Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org



pure
encapsulations[®]

Glucosamine
MSM
with joint comfort herbs

OptiMSM[®]

Supports connective tissue health and joint comfort^{†A}

Gluten-free & Non-GMO
Dietary Supplement
180 CAPSULES

Supplement Facts

Serving size 2 capsules

Servings per container 90

	Amount Per Serving	%DV
Glucosamine sulfate (from crab, shrimp)	500 mg	*
MSM (methylsulfonylmethane)	500 mg	*
Ginger (<i>Zingiber officinale</i>) extract (root) (standardized to contain 5% gingerols)	250 mg	*
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	250 mg	*

* Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Contains shellfish (crab, shrimp)

OptiMSM[®] is a registered trademark of Bergstrom Nutrition.

†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.

manufactured by: **Pure Encapsulations**

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