

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 capsule, 3 times daily, with meals.

^AIndividual 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.



Scan to learn about our hypoallergenic supplements



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



Glucosamine+ Chondroitin with MSM

OptMSM[®]

*Supports connective tissue health
and joint comfort^{tA}*

Gluten-free & Non-GMO
Dietary Supplement
120 CAPSULES

Supplement Facts

Serving size 1 capsule
Servings per container 120

	Amount Per Serving	%DV
Glucosamine HCl (from crab, shrimp)	300 mg	*
Chondroitin sulfate (from bovine)	300 mg	*
MSM (methylsulfonylmethane)	300 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.