

**SUGGESTED USE** For the healthy support of your joints, consume one or more capsules daily or as recommended by a health care professional. Many individuals seek to consume 800 to 2,000 mg daily of M.S.M. (Methylsulfonylmethane), which is the amount contained in 2 to 5 capsules. For best results take **M.S.M. Benefits** with food, preferably a complete meal. This product is most effective as part of a healthy diet and active lifestyle, along with **ANDREW LESSMAN'S Life Rx™** multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

**QUESTIONS? RE-ORDERS?**  
**CALL 800.800.1200**  
**www.PROCAPSLABS.com**

**PROCAPS**  
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430 Parkson Road  
 Henderson, NV 89011

**ALL NATURAL • SODIUM-FREE**

# M.S.M. BENEFITS™

**400 MG METHYLSULFONYLMETHANE**  
**TYPE II COLLAGEN**



DIETARY SUPPLEMENT

**PROCAPS**  
 LABORATORIES

**ALL-SOLAR**  
 MANUFACTURING

360 Easy-to-Swallow Capsules

**Andrew Lessman's M.S.M. BENEFITS** delivers a concentrated source of a vital, but often overlooked dietary component – Sulfur. The initials M.S.M. stand for Methylsulfonylmethane, which is a simple organic molecule that is built around the sulfur atom that it readily donates. Sulfur is important to your body because it is a vital structural component in the connective tissues that comprise all our joints, as well as the tissues of our hair, skin and nails. In fact, it is sulfur's unique ability to create disulfide linkages that allows tissues like our joints and skin to retain their structural integrity, along with their youthful, desirable elastic properties. In short, sulfur is required to maintain the healthy structure and function of the connective tissue (cartilage, ligaments and tendons) in all our joints, while it is also required as a structural component of the tissues and proteins (elastin, keratin and collagen) of our hair, skin and nails. Sulfur is an essential building block and vital structural ingredient that is necessary to support, maintain and fortify healthy cartilage and connective tissue throughout your body, but until recently has gone relatively overlooked. **M.S.M. Benefits** delivers a convenient source of this important element and also provides Vitamin C and Type II Collagen to help support M.S.M.'s role in the maintenance of healthy joint structure and function. If you are looking for more healthy support for your joints or your hair, skin and nails, you can use this product in conjunction with Andrew Lessman's Complete Joint Effort® or Healthy Hair, Skin and Nails.™

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.

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative or manufacturing additive.

**CONTAINS NO ADDITIVES OR  
 COMMON ALLERGENS OF ANY KIND.**

## Supplement Facts

**Serving Size 1 Capsule**      **Servings Per Container 360**

| Amount Per Serving                        | %DV*   |      |
|-------------------------------------------|--------|------|
| Vitamin C (as calcium ascorbate)          | 100 mg | 167% |
| MSM (as methylsulfonylmethane)            | 400 mg | †    |
| Type II Collagen (from sternal cartilage) | 2 mcg  | †    |

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Gelatin capsule.