

USAGE: Take 1 capsule 1 to 3 times per day or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Jarrow Formulas® MSM is an organic source of **bioavailable sulfur**. Sulfur is an antioxidant mineral found in major structural tissues of the body such as cartilage. The sulfur from MSM is used to produce glycosaminoglycans (or mucopolysaccharides) present in proteoglycans such as chondroitin sulfate, dermatan sulfate, and hyaluronic acid.* These **sulfur** containing glycosaminoglycans are found in high concentrations in connective tissues, including joint cartilage, skin and collagen.*

For best results, use with **Jarrow Formulas® JarroSil®**, the biologically **Activated Silicon®**.

Keep out of the reach of children.

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

Lot #. Best Used Before:

Jarrow
F O R M U L A S

Methyl-Sulfonyl-Methane

MSM

OptiMSM®

1000
MILLIGRAMS

100
CAPSULES

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule Servings Per Container 100

	Amount Per Serving	% DV
OptiMSM®	1000 mg	*
Methyl-Sulfonyl-Methane (MSM)		

* Daily Value not established.

Other Ingredient: Magnesium stearate (vegetable source). Capsule consists of gelatin.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Made in the U.S.A.

OptiMSM® is a registered trademark of Cardinal Associates, Inc.

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