

SUGGESTED USE: Adults take 1 capsule 1-3 times a day or as directed by your qualified healthcare professional.

Jarrow Formulas® MSM is an organic source of bioavailable sulfur. Sulfur is an antioxidant mineral.* Sulfur is found in the human body in structural proteins, such as chondroitin sulfate, dermatan sulfate and hyaluronic acid. These sulfur-containing structural proteins are primarily in connective tissues, including joint cartilage and skin.

WARNING: Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use.

KEEP OUT OF THE REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.

* 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.

OptiMSM® is a registered trademark of Bergstrom Nutrition.

Lot #. Best Used Before:



VEGAN

MSM

METHYLSULFONYLMETHANE

ANTIOXIDANT MINERAL 1000 MG

Supports connective tissue and joint health*

✓ non-gmo

🌿 gluten free

200 VEGGIE CAPSULES
DIETARY SUPPLEMENT



Supplement Facts	
Serving Size 1 Capsule	
Amount Per Serving	
MethylSulfonylMethane (MSM)	1,000 mg †
† Daily Value (DV) not established.	

Other Ingredients: Capsule (hydroxypropylmethyl-cellulose, water) and magnesium stearate (vegetable source).

Distributed by Jarrow Formulas, Inc.
Sherman Oaks, CA 91403, USA
1-866-459-4154

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

Do not use if safety seal is damaged or missing.



11422MSM200 PROD # 119013



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APPROX. FILL LINE