

SUGGESTED USE: Adults take 1 tablet 1-2 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:

Jarrow
FORMULAS®

OptiMSM®

VEGAN

MSM

METHYLSULFONYLMETHANE

ANTIOXIDANT MINERAL 1000 MG

Supports connective tissue
and joint health*

✓ non-gmo

✶ gluten free

120 TABLETS

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	
MethylSulfonylMethane (MSM)	1,000 mg †

† Daily Value (DV) not established.

Other Ingredients: Calcium carbonate, microcrystalline cellulose, hydroxypropyl cellulose, stearic acid (vegetable source), croscarmellose sodium, coating (hydroxypropylmethylcellulose, glycerin), silicon dioxide 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. 11422MSM120 PROD # 119016



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