

OptiMSM® is the purest form of MSM available, produced by Bergstrom Nutrition in the USA.

Recommended dosage: Adults take 1 gram MSM twice daily, or as recommended. For children adapt dosage according to body weight. Do not exceed the recommended dosage. Put the MSM on the tongue and swallow with water. Or dissolve the MSM in water or another liquid and drink. For fastest absorption best taken on an empty stomach.

Storage: Store in a dry place at room temperature, and out of reach of young children.

Food Supplement, containing MSM. A food supplement should not be used as a substitute for a varied diet.

Lot Nr.:

Best End Before:



MSM

OptiMSM®

250 GRAM COARSE POWDER



Supplement Facts

Serving size: 2 Level Spoons (2 grams).

Servings per container: 125

Amount per Spoon	%RI
Methylsulfonylmethane (100% pure OptiMSM®)	1 g *

* Recommended Intake (RI) not established

Free from: yeast, sugar, starch, gluten, artificial flavors, colors or preservatives.

EU Patents Nr. 0103836 / 0200526

Producer: Kala Health BV,
2201 GN - 40, NL

Email: info@kalahealth.eu

Website: www.kalahealth.eu

