

Suggested Use: Take two (2) capsules twice daily, with a meal, as a dietary supplement, or as directed by a qualified health care professional.

Warning: If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician.

For your protection, this container has an outer safety seal.
(Do not accept if missing or broken.)

Best if used by date on bottle. Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

OptiMSM[®] is a registered trademark of Bergstrom Nutrition.

Dietary Supplement

60 Capsules

Foot Support[®]

OptiMSM[®]

Complex[™]

Foot Comfort

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value **	
Calcium (from 200 mg of calcium citrate)	42 mg	4%
Potassium (from Glucosamine sulfate 2KCl)	29.25 mg	<2%
Bromelain (from pineapple) (2400 gelatin digestive units per gram)	100 mg	†
Glucosamine sulfate (as D-glucosamine sulfate 2KCl)	200 mg	†
OptiMSM [®] Methylsulfonylmethane	500 mg	†
Green Lipped Mussel Powder	100 mg	†
Turmeric powder (rhizome)	400 mg	†

† Daily Value not established.

** Daily Values are based on a 2,000 calorie per day diet.

Other Ingredients: Magnesium stearate vegetable grade, Rice flour, Gelatin capsule, Maltodextrin (carrier in actives).

Contains: Crustacean shellfish (Lobster, Shrimp, and Crab).

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