

## PRODUCT INFORMATION

One tablet typically provides:  
Methyl sulphonyl methane (MSM)

1000mg

**INGREDIENTS:** Methyl sulphonyl methane, bulking agent: natural *Lithothamnion calcareum*; bulking agent: microcrystalline cellulose; coating: hydroxypropyl methylcellulose (glycerine); anti-caking agent: silicon dioxide; flow agent: magnesium stearate\*. \*(vegetarian source)

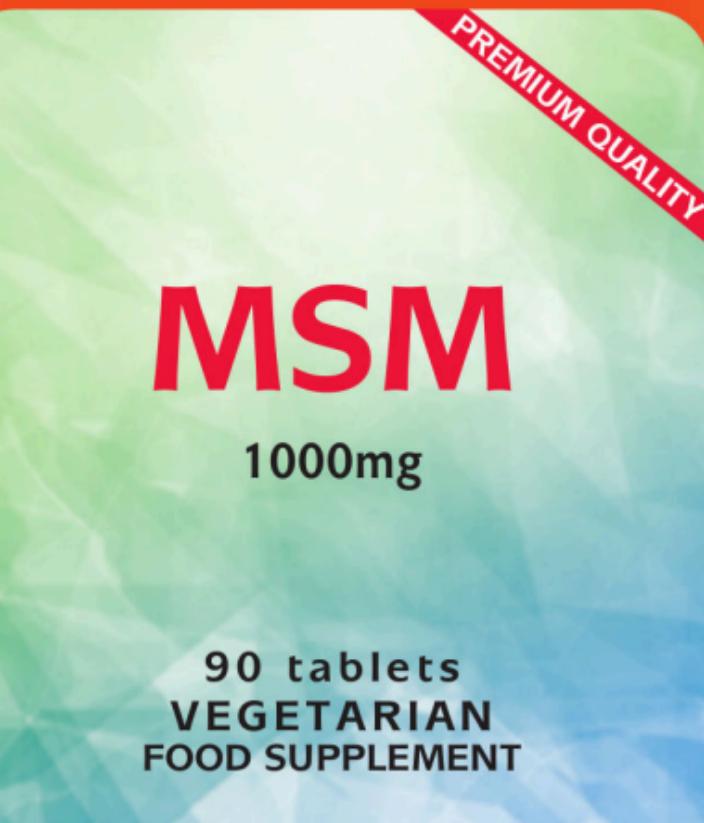
**DOES NOT CONTAIN:** sugar, salt, soya, wheat, gluten, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

Suitable for vegetarians and vegans.

This product is not tested on animals.

Charitable organisations policy: supplements regularly donated

# HIGHER NATURE®



## MSM 90 tablets

**DIRECTIONS:** Take 1-6 tablets (children over 8 years, 1 tablet) a day, with meals, building gradually, or as your health professional advises. Do not exceed recommended daily intake.

In some cases **MSM** may have an initial laxative effect. This is normal and should stop within a few days. Drink plenty of water. Reduce intake if symptoms are uncomfortable.

A daily multivitamin and vitamin C are also recommended.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

This bottle has a UV filter.  
Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.

1000mg  
MSM090  
110



MSM-055-03



HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK