

PRODUCT INFORMATION

One tablet typically provides:		%RDA*
Vitamin C	30mg	38
Zinc	5mg	50
Copper	250µg	25
Boron	250µg	
Methyl Sulphonyl Methane	450mg	
Glucosamine	150mg	
provided by Glucosamine HCl	180mg	
Ginger rhizome	75mg	
Nettle leaf	75mg	
Celery seed	75mg	
Panax ginseng	15mg	
Kelp	5mg	

*RDA = Recommended Daily Allowance (new 2009 values)

INGREDIENTS: Methyl sulphonyl methane, bulking agent: natural *Lithothamnion calcarea*; glucosamine HCl (from crustacea), ginger rhizome pdr, nettle leaf pdr, celery seed pdr, bulking agent/coating: hydroxypropyl methylcellulose (glycerine); ascorbic acid, zinc citrate, *Panax ginseng* pdr, flow agent: magnesium stearate*; natural kelp, anti-caking agent: silicon dioxide; sodium borate, copper citrate. pdr = powder. *(vegetarian source)

May not be suitable for people with a fish or crustacean allergy.

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

This product is not tested on animals.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

MSM GLUCOSAMINE JOINT COMPLEX

with botanicals and nutrients to
help maintain healthy joints

90 tablets
FOOD SUPPLEMENT

PREMIUM QUALITY

MSM GLUCOSAMINE JOINT COMPLEX

90 tablets

**nutritional supplement for
healthy joints**

DIRECTIONS: Take 1-4 tablets a day, with meals, building gradually, or as your health professional advises. Do not exceed recommended daily intake.

MSM has a beneficial detoxifying effect on the body; drink plenty of water. Reduce intake if detox 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.

Glucosamine 150mg provided by Glucosamine HCl 180mg.

Not advisable if pregnant or taking warfarin.

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.



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