

PRODUCT INFORMATION

One tablet typically provides:
Methyl sulphonyl methane (MSM) 1000mg

INGREDIENTS: Methyl sulphonyl methane,
bulking agent: natural *Lithothamnion calcarea*;
bulking agent: microcrystalline cellulose; coating:
hydroxypropyl methylcellulose (glycerine);
anti-caking agent: silicon dioxide; anti-caking
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

1000mg

90 tablets
VEGETARIAN
FOOD SUPPLEMENT

MSM 90 tablets

1000mg

MSM090

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.



MSM-055-03



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