

## PRODUCT INFORMATION

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

**INGREDIENTS:** Methyl sulphonyl methane, 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

### VEGAN

### FOOD SUPPLEMENT

## 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.

**HIGHER NATURE** Burwash Common, East Sussex, TN19 7LX, UK  
[www.highernature.com](http://www.highernature.com)

## 1000mg

MSM090

113



MSM-055-04

