

### 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:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, sugar, wheat, yeast

### STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

Suitable for vegetarians and vegans.

This product is not tested on animals.



# higher nature

## MSM DIETARY SULPHUR

ULTIMATE NUTRITION

FOOD SUPPLEMENT

90  
tablets

### MSM

- ✓ Dietary sulphur, which is needed for collagen and keratin production.
- ✓ Key component of cartilage.

### 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.

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

### WARNING:

Initially may cause laxative effect. This is normal, drink water and reduce intake if symptoms persist.

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