

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 extract, 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 vitamin C, copper, zinc
and botanicals to support
healthy bones and joints

240 tablets
FOOD SUPPLEMENT

MSM GLUCOSAMINE 240 tablets JOINT COMPLEX

MSG240

- ✓ Vitamin C supports normal collagen formation for healthy bones and joints
- ✓ Zinc supports normal bones.
- ✓ Copper supports normal connective tissue.

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

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. This premium form of Glucosamine HCl contains more Glucosamine per gram than Glucosamine Sulphate.

Not advisable if pregnant or taking warfarin.
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.

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



MSG-054-03