

PRODUCT INFORMATION

½ level teaspoon typically provides:
Methyl sulphonyl methane (MSM)

1200mg

INGREDIENTS: Methyl sulphonyl methane (contains naturally occurring sulphur dioxide and sulphites).

DOES NOT CONTAIN: sugar, salt, starch, soya, wheat, gluten, maize, corn, 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 CRYSTALS

100g
VEGETARIAN
FOOD SUPPLEMENT

MSM crystals

DIRECTIONS: Take between ½ level teaspoon (1.2g) and 2½ level teaspoons (6g). (children over 8 years take ¼ level teaspoon (0.6g)) dissolved in water, spread through the 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 is a pure product without additives, which naturally clumps during storage.

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

100g

MSP100

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MSP-057-01