

#### 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  |       |
| <i>Panax Ginseng</i>        | 15mg  |       |
| Kelp                        | 5mg   |       |

\*RDA - Recommended Daily Allowance

**INGREDIENTS:** Methyl sulphonyl methane, bulking agent: natural *Lithothamnion calcarea*; glucosamine HCl (from crustacea), ginger rhizome extract, nettle leaf pdr, celery seed pdr, coating: hydroxypropyl methylcellulose (glycerine); ascorbic acid (coating: ethylcellulose); zinc citrate, *Panax ginseng* pdr, anti-caking 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.**

# HIGHER NATURE®

## MSM GLUCOSAMINE JOINT COMPLEX

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

30 tablets  
FOOD SUPPLEMENT

**MSM GLUCOSAMINE** 30 tablets  
**JOINT COMPLEX** MSG030

- ✓ 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.

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.

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MSG-054-04

