

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, natural *Lithothamnion calcarea*, glucosamine HCl, ginger rhizome extract, nettle leaf pdr, **celery** seed pdr, coating: hydroxypropyl methylcellulose (glycerine); ascorbic acid, zinc citrate, *Panax ginseng* pdr, anti-caking agent: magnesium stearate*; natural kelp pdr, anti-caking agent: silicon dioxide; sodium borate, copper citrate. pdr = powder. *(vegetarian source)

DOES NOT CONTAIN: sugar, soya, wheat, gluten, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

This product is not tested on animals.

Suitable for vegetarians and vegans.

HIGHER NATURE®

MSM GLUCOSAMINE JOINT COMPLEX

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

90 tablets
VEGAN
FOOD SUPPLEMENT

MSM GLUCOSAMINE JOINT COMPLEX

90 tablets

MSG090

114

- ✓ 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-054-05

