

PRODUCT INFORMATION:

One tablet typically provides:

		%RDA*
Vitamin C	30mg	38
Zinc	5mg	50
Copper	250µg	25
Boron	250µg	
Methyl Sulphonyl Methane (MSM)	450mg	
Glucosamine	150mg	
- provided by Glucosamine HCl	180mg	
Ginger rhizome extract	25mg	
- equivalent to ginger rhizome	500mg	
Nettle leaf extract	18.75mg	
- equivalent to nettle leaf	75mg	
Celery Seed extract	7.5mg	
- equivalent to celery seed	75mg	
Panax Ginseng extract	1.5mg	
- equivalent to panax ginseng	15mg	
Kelp	5mg	

*RDA - Recommended Daily Allowance

INGREDIENTS:

Methyl sulphonyl methane, bulking agent: microcrystalline cellulose; natural lithothamnion calcarea, glucosamine HCl, ascorbic acid, anti-caking agent: magnesium stearate; panax ginseng extract pdr, nettle leaf extract pdr, zinc citrate, anti-caking agent: silicon dioxide; coating: hydroxypropyl methylcellulose (glycerine); **celery** seed extract pdr, natural kelp¹, ginger rhizome extract pdr, sodium borate, copper citrate, pdr = powder. *(vegetarian source) ¹May contain naturally occurring fish and crustacea.

DOES NOT CONTAIN:

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

Suitable for vegetarians and vegans.

This product is not tested on animals.

higher nature



MSM GLUCOSAMINE JOINT COMPLEX WITH VIT C, COPPER & ZINC

ULTIMATE NUTRITION

FOOD SUPPLEMENT

90
tablets

MSM GLUCOSAMINE JOINT COMPLEX

- ✓ Vitamin C supports normal collagen formation for normal 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. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

WARNING:

Not advisable if pregnant or taking warfarin. Initially may cause a laxative effect. This is normal, drink water and reduce intake if symptoms persist.

STORAGE:

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

MSG090
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MSG-054-06



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