Many nutrients cannot be delivered to the body externally. This formula is designed to help build collagen and keratin, major building blocks of skin, nails and hair that can decrease as we age. Delivering nutrients like MSM internally may help support strong hair, hard nails and moist supple skin.*

Solgar's Skin, Nails and Hair Tablets are free of yeast, wheat, soy, gluten and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

To assure freshness and potency, store at room temperature 59˚-86˚F (15˚-30˚C). Store away from heat, light and moisture.

Solgar's KOF-K certification #K-1250

† Naturally occurring; therefore amount may vary.

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free 1-877-SOLGAR 4

www.solgar.com

SOLGAR®
Since 1947

SKIN, NAILS & HAIR

ADVANCED MSM FORMULA

DIETARY SUPPLEMENT

60 TABLETS
SUITABLE FOR VEGETARIANS
SUGAR AND SALT FREE

PARVE

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving	%DV
Calories 5	
Total Carbohydrate ..... 1 g	<1%*
Dietary Fiber ..... 1 g	4%*
Vitamin C (as L-ascorbic acid) ..... 120 mg	200%
Calcium † ..... 30 mg	3%
Zinc (as zinc citrate) ..... 15 mg	100%
Copper (as copper glycinate) ..... 2 mg	100%
MSM ..... 1000 mg (1 g) (as methylsulfonylmethane)	**
Silicon (as silica, and from *L. coralliioides* [red algae powder]) ..... 50 mg	**
L-Proline ..... 50 mg	**
L-Lysine (as L-lysine HCl) ..... 50 mg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Silica, Vegetable Stearic Acid, Vegetable Cellulose, Vegetable Magnesium Stearate, Vegetable Glycerin.

SUGGESTED USE: As a dietary supplement for adults, take two (2) tablets daily, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Keep out of reach of children.

OptiMSM™

OptiMSM™ is a registered trademark of Cardinal Nutrition.

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CAREFULLY MANUFACTURED BY:
SOLGAR VITAMIN AND HERB, 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

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