

Many nutrients cannot be delivered to the body externally. This formula is designed to help support collagen, a major component of skin, nails and hair that can decrease as we age. Delivering nutrients like Vitamin C and Copper internally may help support hair, nail and skin health.*

*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.

OptiMSM[†]

†OptiMSM[®] is a registered trademark of Cardinal Nutrition.

Carefully Manufactured by:
Solgar, Inc.
500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com
©2013 Solgar, Inc.

SOLGB71735 01B



SKIN, NAILS & HAIR

ADVANCED MSM FORMULA

**GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS**



120 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 60

Amount Per Serving		%DV
Vitamin C	120 mg	200%
(as L-ascorbic acid)		
Zinc (as zinc citrate)	15 mg	100%
Copper (as copper	2 mg	100%
glycinate amino acid chelate)		
MSM [†]	1000 mg (1 g)	**
(as methylsulfonylmethane)		
Silicon (as silicon	50 mg	**
dioxide and <i>L. corallioides</i>		
[red algae powder])		
L-Proline	50 mg	**
L-Lysine	50 mg	**
(as L-lysine HCl)		

****Daily Value (DV) not established**

Other Ingredients: Microcrystalline Cellulose, 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.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

