

Methylsulfonylmethane (**MSM**) is a naturally occurring organic sulfur compound found in all living plant and animal tissue. Sulfur, an essential element in human nutrition, is a necessary component for making collagen, the primary constituent of skin, hair, joints, cartilage and other connective tissues. It helps support joint flexibility, cellular fluid balance and healthy skin. Our formula is made from the finest quality OptiMSM® brand MSM.†

1,000 mg of MSM provides 340 mg of elemental sulfur.



OptiMSM® is a registered trademark of Cardinal Associates, Inc.

**WE GUARANTEE OUR SUPPLEMENTS  
FOR POTENCY AND PURITY**

**To report a serious adverse event, call 1-888-710-0006**

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Now in  
Tablets!**

OptiMSM®

**MSM**

**1,000 mg**

**Supports Healthy Joints & Skin†**

Dietary Supplement

**60 TABLETS**



## Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

**Amount Per Serving**

**% Daily Value**

MSM (methylsulfonylmethane)

1,000 mg \*

\* Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), silica, glycerin

**SUGGESTED USE:** Take one tablet up to three times daily.

**CONTAINS NO** artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

**KEEP OUT OF REACH OF CHILDREN.**

196-60L

