

Suggested Usage: Take 2 capsules 1 to 2 times daily with food. If intestinal gas occurs, reduce dosage.

MSM (Methylsulfonylmethane) is a sulfur-bearing compound that is naturally present in very small amounts in fruits, vegetables, grains, animal products, and some algae. Sulfur compounds are found in all body cells and are indispensable for life.* MSM, in its role in the body's sulfur cycle, helps to create the chemical links needed to form and maintain numerous different types of structural tissues of the human body, including connective tissues, such as articular cartilage and skin.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition (especially glaucoma). Keep out of reach of children.

Do Not Eat Freshness Packet.
Keep in Bottle.

Natural color variation may occur
in this product.

CODE 2121 V3



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CAPSULE SIZE



MSM

Methylsulfonylmethane

1000 mg

Joint Health*

- Joint Sulfur for Connective Tissue*
- Supports Healthy Cartilage*

240 Capsules

A Dietary Supplement



General Health

Family owned since 1968.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 120

Amount Per Serving

MSM (Methylsulfonylmethane)	2 g (2,000 mg)*
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* Daily Value not established.

Other ingredients: Gelatin (capsule), Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.
Please Recycle.

