

Best MSM Powder supplies highly purified MSM (methylsulfonylmethane), a compound notable for its methyl groups (required for numerous metabolic functions) and the conditionally essential mineral sulfur, which is a crucial component of powerful antioxidants such as N-acetylcysteine and glutathione. Although MSM occurs naturally in some foods and in the human body at low concentrations, a significant amount of MSM is lost during the heating and processing of foods.

Helps promote joint comfort and mobility*

Helps support healthy immune response*

Helps enhance antioxidant defenses*

*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.

Doctor's
BEST®

**Science-Based
Nutrition™**

*Dietary
Supplement*

OptiMSM®

**Best
MSM
Powder**

HELPS PROMOTE JOINT HEALTH*

8.8 oz (250 grams) *Vegan*

Scan
for
more
info



Supplement Facts

Serving Size 1/4 teaspoon (1 gram)
Servings per container 250 servings

Amount per serving		% Daily Value
Methylsulfonylmethane	1 gram (1000 mg)	†

† Daily Value not established.

Other Ingredients: None.

Suggested Adult Use: Take 1/4 teaspoon, mix with at least 8 ounces water or juice. Higher doses up to 6 g a day, may be appropriate, or as recommended by a nutritionally-informed physician.

Non-GMO / Gluten Free / Vegan

Store in a cool dry place.

OptiMSM® is a registered trademark of Bergstrom Nutrition®

Manufactured for **Doctor's Best, Inc.**

San Clemente, CA 92673

(800) 777-2474 www.drbbvitamins.com



YDRB076-1