

Best MSM supplies highly purified MSM (methylsulfonylmethane), a compound notable for its methyl groups (required for numerous metabolic reactions) and the conditional 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.

Promotes joint comfort and mobility*

Supports healthy immune response*

Enhances 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.

Manufactured for **Doctor's Best, Inc.**
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**Science-Based
Nutrition™**

*Dietary
Supplement*

OptMSM®

**Best
MSM**

PROMOTES JOINT HEALTH*

1000 mg / 180 Capsules

Supplement Facts

Serving Size 1 capsule
Servings per container 180 servings

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

† Daily Value not established.

Other Ingredients: Gelatin (capsule).

Suggested Adult Use: Take 1 to 3 capsules daily, with or without food, or as recommended by a nutritionally-informed physician.

Non-GMO and Gluten Free
Store in a cool dry place.

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