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.



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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 ©2016 Solgar, Inc.

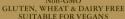
SOLGB71735 03D



## SKIN, NAILS & HAIR

ADVANCED MSM FORMULA

Non-GMO





60 TABLETS

OU THIBEETO

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 30

Amount Per Serving %DV

| Vitamin C | 120 mg | 200% | (as L-ascorbic acid) | 2 mg | 200% | 2 mg | (as zinc citrate) | 15 mg | 100% | 2 mg | 3 mg/scinate amino acid chelate) | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100%

MSM 1000 mg (1 g) \*\*
(methylsulfonylmethane)
as OptiMSM®

Silicon (as silicon 50 mg dioxide and *L. calcareum* [red algae powder])

L-Lysine 50 mg

L-Proline

\*\*Daily Value (DV) not established

50 mg

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, preferably with a meal 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 dietery 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 bothle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

