

**USAGE:** Take 2 capsules up to 3 times per day with meals or as directed by your qualified health care consultant. Avoid ingestion of alcohol and refined foods during period of consumption.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your health care practitioner before using this product.

**True CMO™** is a concentrated lipid extract from natural bovine source providing the fatty acid cerasomal-cis-9-cetyl myristoleate. CMO is not found in any vegetable sources. CMO is found in low amounts in animal tissues.\*

**Keep out of the reach of children.**

\* 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.

Distributed Exclusively by:

**Jarrow FORMULAS®**

Superior Nutrition and Formulation<sup>SM</sup>

P.O. Box 35994

Los Angeles, CA 90035-4317

[www.Jarrow.com](http://www.Jarrow.com)

Lot #. Best Used Before:

**Jarrow FORMULAS®**

**True CMO™**

**Cetyl Myristoleate**

**Fatty Acid  
Complex for Joints\***

**380 mg                      60 Capsules**  
**Dietary Supplement**

**Supplement Facts**

Serving Size 2 Capsules      Servings Per Container 30

	Amount Per Serving	% DV
Cetyl Myristoleate Complex (yielding 20% cetyl myristoleate)	760 mg	*

\* Daily Value not established.

Other Ingredients: Cellulose and magnesium stearate (vegetable source). Capsule consists of gelatin and titanium dioxide (added for color).

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

03111CMO  
PROD # 119015



© 2011 **Jarrow FORMULAS®**