

USAGE: Take 1 capsule 1 to 3 times per day or as directed by your qualified health care consultant.

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.

Jarrow FORMULAS® MSM Sulfur is an organic source of **bioavailable sulfur**. Sulfur is an antioxidant mineral found in major structural tissues of the body such as cartilage. The sulfur from **MSM** is used to produce glycosaminoglycans (or mucopolysaccharides) present in proteoglycans such as chondroitin sulfate, dermatan sulfate, and hyaluronic acid.* These **sulfur** containing glycosaminoglycans are found in high concentrations in connective tissues, including joint cartilage, skin and collagen.*

For best results, use with **Jarrow FORMULAS® JarroSil®**, the biologically **Activated Silicon®**.

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.

Lot #. Best Used Before:

Jarrow FORMULAS®

MSM

SULFUR

METHYL-SULFONYL-METHANE

**1000 mg
PER CAPSULE**

OptiMSM®



STRENGTHENS JOINTS*

1000 mg 200 Capsules
Dietary Supplement

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 200

	Amount Per Serving	% DV
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OptiMSM® Methyl-Sulfonyl-Methane (MSM)	1000 mg	*
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* Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source). Capsule consists of gelatin.

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

Made in the U.S.A.

OptiMSM® is a registered trademark of Cardinal Associates, Inc.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and FormulationSM

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www.Jarrow.com



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