

# MSM

## 1000 mg

OptiMSM™

*Dietary Supplement*

### Supplement Facts

Serving Size: 1 Tablet

#### Amount Per Serving

MSM** (methylsulfonylmethane)	1000 mg*
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\*Daily Value Not Established

**Other Ingredients:** May contain one or more of the following; cellulose, silicon dioxide, vegetable stearin and magnesium stearate.

\*\* From OptiMSM™ brand premium MSM.

MSM is a naturally-occurring compound that provides sulfur for many important physiological functions in the human body. MSM and related compounds provide nearly 85% of the sulfur found in all living organisms. Sulfur comprises approximately 0.25% of body weight and is present at significant amounts in nerve tissue, muscle tissue, skin, hair and bones. MSM is found in fresh fruits, vegetables, seafood and meats. The compound is water soluble and readily absorbed. MSM levels decline with age.

OptiMSM™ is a trademark of Cardinal Nutrition.

**Contains No Added** sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

**Suggested Use:** As a dietary supplement, adults take one (1) to three (3) tablets daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

Keep out of reach of children.

**QUALITY AND POTENCY GUARANTEED.**