

**USAGE:** Take 4 capsules per day or as directed by your qualified healthcare professional.

**NOTE:** DO NOT use if allergic to shellfish. If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Glucosamine and chondroitin sulfate are fundamental components of joint tissue involved in the production of hyaluronic acid, which is an important component of the synovial fluid that lubricates the joints and a major component of the connective tissue in the skin.\*

Methylsulfonylmethane (MSM) is an organic source of sulfur, an antioxidant mineral and critical component of structural body tissues, such as cartilage. The sulfur from MSM is incorporated into joint tissues as glycosaminoglycans (or mucopolysaccharides) such as chondroitin sulfate and hyaluronic acid.\*

Vitamin C and manganese are required for the synthesis of collagen and cartilage.\*

**Jarrow Formulas**® glucosamine sulfate is SODIUM FREE and stabilized with potassium chloride (KCl).

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

with Manganese and Vitamin C

# + Glucosamine + Chondroitin + MSM

Supports Joint Health\*

**120**  
CAPSULES

DIETARY  
SUPPLEMENT



## Supplement Facts

Serving Size 4 Capsules  
Servings Per Container 30

	Amount Per Serving	% DV
Vitamin C (as Ascorbic Acid)	60 mg	70%
Manganese (as Manganese Gluconate)	1 mg	45%
Glucosamine Sulfate (from 2,000 mg Glucosamine Sulfate • 2 KCl)	1,500 mg	†
Chondroitin Sulfate (from 1,440 mg Chondroitin Sulfate Sodium)	1,200 mg	†
Methylsulfonylmethane	300 mg	†

† Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source), silicon dioxide and cellulose. Capsule consists of bovine gelatin.

**Contains:** Shellfish (shrimp or crab shell).

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

Store in a cool, dry place.

Distributed Exclusively by:  
**Jarrow FORMULAS**®  
Superior Nutrition and Formulation<sup>SM</sup>  
Los Angeles, CA 90035-4317  
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