

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.

OptiMSM

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

Carefully Manufactured by:
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SKIN, NAILS & HAIR

ADVANCED MSM FORMULA



Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



120 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 60

Amount Per Serving	%DV
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Vitamin C (as L-ascorbic acid)	120 mg	133%
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Zinc (as zinc citrate)	15 mg	136%
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Copper (as copper glycinate amino acid chelate)	2 mg	222%
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MSM (methylsulfonylmethane) as OptiMSM®	1,000 mg (1 g)	**
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Silicon (as silicon dioxide and <i>L. calcareum</i> [red algae powder])	50 mg	**
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L-Proline	50 mg	**
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L-Lysine (as L-lysine HCl)	50 mg	**
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**Daily Value (DV) not established

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 dietary 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 bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

