

**USAGE:** Take 1 scoop (1 g) per day, with water or other fluid, or as directed by your qualified healthcare professional.

**NOTE:** 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.

**Jarrow Formulas® MSM** 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.

OptiMSM® is a registered trademark of Bergstrom Nutrition.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS®

# Methyl-Sulfonyl-Methane MSM

**16 OZ POWDER**

NET WEIGHT

**16 OZ (454 g)**  
POWDER

DIETARY  
SUPPLEMENT

OptiMSM®



www.nsfnon GMO.org

## Supplement Facts

Serving Size 1 Scoop (1 g)  
Servings Per Container Approx. 454

	Amount Per Serving	% DV
OptiMSM® Methyl-Sulfonyl-Methane (MSM)	1,000 mg	†

† Daily Value not established.

Other Ingredient: Silicon dioxide.

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

**Suitable for vegetarians/vegans.**

Packaged by weight, not by volume.

**Made in the U.S.A.**

**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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