

**USAGE:** Take 1 capsule 1 to 3 times per day 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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS®

# Methyl-Sulfonyl-Methane MSM

**200 VEGGIE CAPS**

OptMSM®

**1000** | **200** **DIETARY**  
**MILLIGRAMS VEGGIE CAPS SUPPLEMENT**

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 200

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

† Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source); capsule consists of hydroxypropylmethylcellulose.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts. OptiMSM® is a registered trademark of Bergstrom Nutrition.

**Suitable for vegetarians/vegans.**

**Store in a cool, dry place.**

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

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation<sup>SM</sup>  
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