

Glucosamine promotes joint health and nutritionally works to promote the structural framework of healthy joints.\* Glucosamine and Chondroitin both provide the essential structural material glycosaminoglycans which are required for healthy cartilage, promoting mobility, range of motion, flexibility and to ease occasional joint stress due to exercise or physical activity.\* **MSM (Methylsulfonylmethane)** provides a naturally occurring, bioavailable source of sulfur.

\*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.

Individual results may vary.

Carefully Manufactured by:  
**Solgar, Inc.**  
500 Willow Tree Road  
Leonia, NJ 07605 U.S.A.

For more information, call toll-free  
**1-877-SOLGAR 4**  
[www.solgar.com](http://www.solgar.com)

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**SOLGB79112 02C**

**SOLGAR®**  
Since 1947

**TRIPLE STRENGTH**

SHELLFISH-FREE  
**GLUCOSAMINE  
CHONDROITIN  
MSM**

PROMOTES HEALTHY JOINTS\*  
SUPPORTS COMFORTABLE MOVEMENT\*

GLUTEN, WHEAT & DAIRY FREE

**120 TABLETS**

DIETARY SUPPLEMENT

**Supplement Facts**

Serving Size: 2 Tablets  
Servings Per Container: 60

Amount Per Serving		%DV
Calories	10	
Total Carbohydrate	3 g	1%**
Sodium†	95 mg	4%
Glucosamine Hydrochloride (shellfish-free)	1500 mg (1.5 g)	***
Sodium Chondroitin Sulfate	1200 mg (1.2 g)	***
MSM (methylsulfonylmethane) (as OptiMSM®)	700 mg	***

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet

\*\*\*Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate, Vegetable Glycerin.

**FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Artificial Flavor, Sweetener, Preservatives and Color.**

**SUGGESTED USE:** As a dietary supplement for adults, take two (2) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications, including blood thinners, or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Diabetics, use only under a physician's supervision. 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.

†Naturally occurring.

**OptiMSM®**

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GLUCOSAMINE

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