

**SUGGESTED USE** Consume one capsule daily. You can increase your intake as required or as guided by your physician. **For questions about the use of this product call 800.800.1200.**

Since 1979, Unsurpassed Purity, Quality and Efficacy.  
**100% SOLAR PRODUCTION  
ZERO CARBON FOOTPRINT**

**PROCAPS**  
**QUESTIONS? REORDERS?**  
**800.800.1200 PROCAPS.COM**

Manufactured by ProCaps Labs  
Henderson, NV 89011  
412804  
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# MSM 500

## Methyl-Sulfonyl-Methane

Essential Sulfur for Healthy Hair, Skin, Nails and Joints



**360 EASY-TO-SWALLOW CAPSULES**

**MSM 500** delivers a pure, concentrated source of organic sulfur. MSM is short for Methyl-Sulfonyl-Methane and despite its long name, it is actually a small, easily absorbed molecule that is ideally built around a central sulfur molecule. Sulfur is perhaps the most overlooked essential nutrient necessary for maintaining healthy hair, skin, nails and joints. Sulfur plays an essential structural and functional role in joint and connective tissue (cartilage, ligaments and tendons) and it is also essential to the creation of the proteins (elastin, keratin and collagen) that comprise our hair, skin and nails. Like so many essential nutrients, sulfur is removed by modern food processing, making supplementation an important consideration for healthy joints, as well as the attractive appearance of our hair, skin and nails. Our **MSM 500** is a highly concentrated source of the organic sulfur required for the healthy structure and function of some of the most challenged tissues in our body – our hair, skin, nails and joints.

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.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS**

Supplement Facts		
Serving Size 1 Capsule		Servings Per Container 360
Amount Per Serving		% DV*
Vitamin C (as calcium ascorbate)	50 mg	56%
MSM (as methylsulfonylmethane)	500 mg	†
* Percent Daily Values (% DV). † Daily Value not established.		

Other Ingredients: Gelatin capsule.  
**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.