

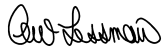
SUGGESTED USE Consume one or more capsules daily or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle. **For questions about the use of this product call 800.332.7799.**

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MSM 500

METHYL-SULFONYL-METHANE

Essential Sulfur for Healthy
Hair, Skin, Nails and Joints



Dietary Supplement | **360** Easy-to-Swallow Capsules

Andrew Lessman's **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 joints, hair, skin and nails. 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 joints, skin, nails and hair.

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) are based on a 2,000 calorie diet.

† 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.