

**SUGGESTED USE:** 1 capsule twice daily with food or as directed by your health care professional.

Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. Keep out of reach of children.

This product was made in a GMP and ISO 9001:2008 registered facility.

Find Other Effective Health Products At:  
[www.SeekingHealth.com](http://www.SeekingHealth.com)

**Manufactured for and Distributed by:**

Seeking Health  
3140 Mercer Ave.  
Bellingham, WA 98225  
(800) 547-9812

P H Y S I C I A N F O R M U L A T E D



SeekingHealth®

Optimal MSM®

Plus Molybdenum



Dietary Supplement

100 VEGETARIAN CAPSULES



## Supplement Facts

Serving Size 1 Capsule

Servings Per Container 100

Amount Per Capsule	% Daily Value	
Molybdenum (as molybdenum glycinate chelate**)	25 mcg	33%
Methylsulfonylmethane (OptiMSM®***)	750 mg	*

\*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), cellulose, L-leucine, and silicon dioxide.

\*\*Albion® Laboratories

\*\*\*OptiMSM® is a registered trademark of Bergstrom Nutrition

**DOES NOT CONTAIN:** milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans. Contains no artificial colors, flavors, or preservatives.