



Methylsulfonylmethane (MSM)

Storage: Keep dry, cool & dark

250g (8.82oz)

Lot Number: 20130415

Date of manufacture Apr 15 2013

Supplement Facts

Serving Size 1300 milligrams

Servings per container: about 192

Amount Per Serving	% Daily Value**
Methylsulfonylmethane 1300 mg	*

* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: None

Free of: sugar, soy, dairy, yeast, gluten, corn and additives.

Directions: As a dietary supplement, take 1000 mg (rounded 1/4 tsp) to 1300 mg (3/8 tsp) up to four times daily, or as directed by physician.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/8 teaspoon	462
1/4 teaspoon	924
1/2 teaspoon	1848

Warning: This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Keep out of 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.