

**SUGGESTED USE:** 1 capsule three times per day or as recommended by your health care professional. Formulated to be free of allergens derived from: Gluten, corn, yeast, artificial colors and flavors. If you are pregnant or nursing, consult your physician before taking this product. As with all dietary supplements, some individuals may not tolerate or may be allergic to the ingredients used. Please read the ingredient panel carefully prior to ingestion. Cease taking this product and consult your physician if you have negative reactions upon ingestion. **KEEP CONTAINER TIGHTLY CLOSED. STORE AT ROOM TEMPERATURE. KEEP OUT OF REACH OF CHILDREN.** This product was sealed for your protection. Do not use if outer toped neck seal or inner-seal is missing or damaged. 581.003K

\*The statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Label ID: L-HCL780-581180-A  
Product #581180



HoltraCeuticals™



# Mighty MSM

Dietary Supplement

Supports Healthy Skin and Hair

180 Capsules

**HOLTORF MEDICAL GROUP**

## Supplement Facts™

Serving Size 1 Capsule

Servings Per Container 180

	Amount Per Serving	% Daily Value
1 capsule contains		
Methylsulfonylmethane (MSM) (OptMSM®)	900 mg	*

\* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Magnesium Stearate, and Stearic Acid.

OptMSM® is a registered trademark of Bergstrom Nutrition.

OptMSM



Write: Holtra Medical Group® Centers for Hormone Balance, Hypothyroidism And Fatigue  
2011 Main Ave | El Segundo, CA 90245  
To order visit: [HoltraCeuticals.com](http://HoltraCeuticals.com)