

swanson.com
or call 1-800-437-4148

- Nourishment for healthy joints**
- Supports hair, skin and nails**
- Biologically active form of sulfur

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two capsules three times per day with water.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

**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.



MSM

Joint Health**

500 mg per capsule

DIETARY SUPPLEMENT | 250 CAPSULES

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 125

Amount Per Serving

MSM (methylsulfonylmethane) 1 g*

*Daily Value not established.

Other ingredients: Rice flour, gelatin, magnesium stearate.

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