

# Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	
OptiMSM <sup>®</sup> Methylsulfonylmethane	500 mg	†

† Daily Value not established.

**Other ingredients:** Gelatin, rice flour, magnesium stearate.

OptiMSM<sup>®</sup> is a registered trademark of Bergstrom Nutrition.