

PRODUCT INFORMATION:

One tablet typically provides:

		%NRV*
Vitamin C	30mg	38
Zinc	5mg	50
Copper	0.25mg	25
Boron	250µg	
Methyl sulphonyl methane (MSM)	450mg	
Glucosamine	150mg	
- provided by glucosamine HCl	180mg	
Ginger rhizome extract	25mg	
- equivalent to ginger rhizome	500mg	
Nettle leaf extract	18.75mg	
- equivalent to nettle leaf	75mg	
Celery seed extract	7.5mg	
- equivalent to celery seed	75mg	
Panax ginseng extract	1.5mg	
- equivalent to panax ginseng	15mg	
Kelp	5mg	

*NRV - Nutrient Reference Value

INGREDIENTS: Methyl sulphonyl methane, bulking agent: microcrystalline cellulose, lithothamnium calcareum, glucosamine HCl, ascorbic acid (vitamin C), anti-caking agent: magnesium stearate, ginger rhizome extract, nettle leaf extract, zinc citrate, anti-caking agent: silicon dioxide, coating: hydroxypropyl methylcellulose (glycerine), **celery** seed extract, kelp†, sodium borate, panax ginseng extract, copper citrate.

Allergy advice: see ingredients in **bold**

†May contain naturally occurring fish and crustacea.

HIGHER NATURE®

BODY HEALTH

MSM GLUCOSAMINE JOINT COMPLEX

With vitamin C,
copper & zinc
11 active nutrients

180 tablets
vegetarian and vegan



MSM GLUCOSAMINE JOINT COMPLEX FOOD SUPPLEMENT - 180 TABLETS

- ✓ With 11 active nutrients including 5 plant extracts
- ✓ Contains the superior form of glucosamine
- ✓ With zinc to support bones
- ✓ Vitamin C supports normal collagen formation for normal bones and joints
- ✓ Copper supports normal connective tissue

DIRECTIONS: Adults take 1-4 tablets a day with meals building gradually. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

WARNING: Do not take if pregnant, breastfeeding or taking blood thinning medication. If you are taking any other medication or have a medical condition, please consult your healthcare professional before using this product.

STORAGE: Store in a cool, dry place out of reach of children.

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