## PRODUCT INFORMATION:

One tablet typically provides: %RDA Vitamin C 30mg 7inc 5mg Copper Boron Methyl Sulphonyl Methane (MSM) 450mg Glucosamine 150mg - provided by Glucosamine HCL 180ma Ginger rhizome extract 25mg - eauivalent to ainaer rhizome 500ma Nettle leaf extract 18 75mg - equivalent to nettle leaf Celery Seed extract 7.5mg - equivalent to celery seed 75ma Panax Ginseng extract 1.5mg - eauivalent to panax ainsena

38

50

5mg

\*RDA - Recommended Daily Allowance INGREDIENTS:

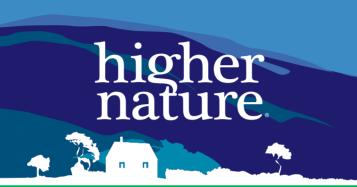
Methyl sulphonyl methane, bulking agent: microcrystalline cellulose: natural lithothamnion calcarea, glucosamine HCl, ascorbic acid, anti-caking agent: magnesium stearate; ginger rhizome extract pdr. nettle leaf extract pdr. zinc citrate. anti-caking agent: silicon dioxide; coating: hydroxypropyl methylcellulose (glycerine); **celery** seed extract pdr, natural kelp<sup>†</sup>, sodium borate, panax ginseng extract pdr, copper citrate. pdr = powder. \*(vegetarian source) †May contain naturally occurring fish and crustacea

# DOES NOT CONTAIN:

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Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, sugar, wheat, yeast. Suitable for vegetarians and vegans.

This product is not tested on animals.



# **MSM GLUCOSAMINE** JOINT COMPLEX WITH VIT C, COPPER & ZINC

ULTIMATE NUTRITION

**FOOD SUPPLEMENT** 

240 tablets

# MSM GLUCOSAMINE JOINT COMPLEX

✓ Vitamin C supports normal collagen formation for normal bones and joints.

✓Zinc supports normal bones.

√Copper supports normal connective tissue

### DIRECTIONS:

Take 1-4 tablets a day, with meals, building gradually, or as your health professional advises. 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.

Not advisable if pregnant or taking warfarin. Initially may cause a laxative effect. This is normal, drink water and reduce intake if symptoms persist.

STORAGE: Store in a cool, dry, steam free environment out of reach of children

Higher Nature, Burwash Common, East Sussex. TN19 7LX UK www.highernature.com

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