

**SUGGESTED USE** Consume one or more capsules daily or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.808.7311.**

# MSM 500

## METHYL-SULFONYL-METHANE

ESSENTIAL SUPPORT FOR  
HAIR, SKIN, NAILS AND JOINTS



DIETARY SUPPLEMENT



360 Easy-to-Swallow Capsules

**Andrew Lessman's MSM 500** delivers a pure, concentrated source of organic **Sulfur**. **MSM** is short for **Methyl-Sulfonyl-Methane** and despite its long name, it is actually a small, easily-absorbed molecule that is ideally built around a central **Sulfur** molecule. **Sulfur** is perhaps the most overlooked essential nutrient necessary for maintaining healthy joints, hair, skin and nails. Sulfur plays an essential structural and functional role in joint and connective tissue (cartilage, ligaments and tendons) and it is also essential to creation of the proteins (elastin, keratin and collagen) that comprise our hair, skin and nails. Like so many essential nutrients, **Sulfur** is removed by modern food processing, making supplementation an important consideration for healthy joints, as well as the attractive appearance of our hair, skin and nails. Our **MSM 500** is a highly concentrated source of the organic **Sulfur** required for the healthy structure and function of some of the most challenged tissues in our body – our joints, skin, nails and hair.

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.

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

**CONTAINS NO ADDITIVES OF ANY KIND.**

### Supplement Facts

Serving Size 1 Capsule	Servings Per Container 360	
Amount Per Serving	%DV*	
Vitamin C (as calcium ascorbate)	50 mg	56%
MSM (as methylsulfonylmethane)	500 mg	†

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet.  
† Daily Value not established.

Other Ingredients: Gelatin capsule.



**UNSURPASSED.**  
*Purity. Quality. Integrity. Effectiveness.*

*Andrew Lessman*  
Andrew Lessman  
Founder of ProCaps Labs



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