

Skin, Nails & Hair
Advanced MSM Formula Tablets

Dietary Supplement

SUITABLE FOR VEGETARIANS • SUGAR AND SALT FREE

Helps Build Collagen*

Many nutrients cannot be delivered to the body externally. This formula is designed to help build collagen and keratin, major building blocks of hair, skin and nails, that can decrease as we age. Delivering nutrients like MSM internally may help support strong hair, hard nails and moist, supple skin.*

Supplement Facts
Serving Size 2 Tablets

	Amount Per 2 Tablets	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Vitamin C (as l-ascorbic acid)	120 mg	200%
Calcium †	30 mg	3%
Zinc (as zinc citrate)	15 mg	100%
Copper (as copper glycinate)	2 mg	100%
MSM (as methylsulfonylmethane)	1000 mg (1g)	**
Silicon (as silica, as L.corallioides [red algae powder])	50 mg	**
L-Proline	50 mg	**
L-Lysine (as L-lysine HCl)	50 mg	**

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

Other Ingredients: Microcrystalline Cellulose, Vegetable Stearic Acid, Vegetable Cellulose, Vegetable Magnesium Stearate, Vegetable Glycerin, Carnauba Wax.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

OptiMSM™ is a registered trademark of Cardinal Nutrition.

Solgar's Skin, Nails & Hair Tablets are free of corn, yeast, wheat, soy and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

†Naturally Occurring; therefore amount may vary.

For more information call: 1-877-SOLGAR 4

UPC Code(s): 1735

Available in Bottles of: 60

Solgar's KOF-K Kosher certification #K-1250 

*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.

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