

## PRODUCT INFORMATION

Methylsulphonylmethane (MSM) is a naturally occurring source of sulphur, one of the major building blocks of glycosaminoglycans. Glycosaminoglycans are key structural components in cartilage.

## INGREDIENTS

100%  
Methylsulphonylmethane.

Food supplement.

## INSTRUCTIONS FOR USE

Take 5 g (approximately one level 5 ml measure) daily with water.

**Guidance notice:** This product is a food supplement and should be used in conjunction with food as part of a healthy and varied diet, not as a substitute for such. Recommended consumption is 5 g per day on training days. Do not exceed the stated recommended daily dose. This product is not intended for use by persons under the age of 16. **Keep out of reach of young children.**

**Storage Instructions:** Store in a cool dry place. Keep lid on after opening.

**Best before end:** See lid, side or base.

This product has been manufactured in a facility which is routinely tested for banned substances. See website for details.



**REFLEX**  
NUTRITION  
VITALITY

**MSM**

**50**  
SERVINGS

**250g e**



**Manufactured in the UK by:**

Reflex Nutrition Ltd  
The Science Park  
Sea View Way  
Brighton  
BN2 6NT  
[ReflexNutrition.com](http://ReflexNutrition.com)

The ingredients of this product may originate from countries other than the United Kingdom.

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