

# Strong Joints Formula #2

## Orthopedic Apothecary

### Why These Natural Ingredients?

#### ***Methylsulfonylmethane (MSM)***

One of nature's richest sources of sulfur, MSM offers one of the most significant portions of sulfur (34% by weight) of any other compound. As such, MSM is an ideal supplement for the American diet which has progressively declined in sulfur content.

Sulfur ranks as the third highest substance by weight in the body's chemistry besides water and gases, playing a major role in maintaining the body's overall balance of health. In mammals, the concentration of MSM in the body decreases with age, making it difficult for the body to generate new healthy cells, an integral part of sulfur's role. Results of several studies showed that supplementation with MSM significantly reduced joint degeneration and inflammation.

Important for generation of connective tissues for everything from hair to cartilage, collagen to skin, sulfur is crucial for the production of amino acids which are the building blocks of protein. Sulfur is also important for the repair of tissues damaged by injury, free radical attack, aging, etc.

### Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 90

1 capsule contains	Amount Per Serving	% Daily Value
Methylsulfonylmethane	900 mg	*

\* % Daily Value not established

**SUGGESTED USE:** As a dietary supplement, 1-2 capsules with food three times per day or as recommended by your health care professional.

