

Recommended Usage

For optimum effectiveness of this Herbal MSM product, take one level teaspoon (about 3,000 mg) three times per day to start. Place the contents of the spoon on your tongue. Allow the powder to come into contact with the front of the mouth, moving it around with the tongue. This enables the herbal powder to mix with the enzymes in your saliva so that the herbs correctly and fully absorb into the body, ensuring the best possible results.

While the Herbal MSM is gradually dissolving, you will sense a texture like small grains of sand in liquid until it is fully dissolved, and then swallow. You may keep the mixture in the front of the mouth without any significant sensation of taste. If the powder does not fully dissolve within 30 seconds, you can take a small amount of water to assist the process.

An alternative, less effective, method of absorption is to dissolve the dosage in three to five ounces of water or fresh fruit juice, and drink slowly while nurturing the taste of the herbs. Mixing the Herbal MSM with hot water or carbonated drinks may give poor results.

If one level teaspoon three times daily achieves the desired results within three days of use, you may decrease the quantity to see how much less you need to get those results. If the desired results are not achieved during that time, it is recommended that you advance your dosage to a heaping teaspoon (about 5,000 mg) three times daily.

Smoking tobacco will reduce the effectiveness of Herbal MSM. If you do smoke, you should not smoke for at least 30 minutes before or after using Herbal MSM.

Because of the very fresh nature of the herbs used in Herbal MSM, users are advised to store the product in a cool dry place or in a refrigerator after opening. Use within six months after opening container.



Ayurvedic Herbal MSM Formula for Relief of Arthritic Pain



16 Ounces

Ayurvedic Herbal MSM is a unique blend of medicinal remedies handed down from the 5,000-year tradition of the Indian Ayurveda combined with the newly discovered benefits of Methyl Sulfonyl Methane. MSM's penetration and carrying qualities have been shown to be revolutionary and highly beneficial in any form of treatment.

The herbs used in Supportt™-Arthritis are *withania somnifera* (ashwagandha), *zingiber officinale roscoe* (ginger), *allium sativa* (garlic) and *curcuma longa* (turmeric) have been extracted by a cold process and prepared with MSM in a proprietary method which results in a startling improvement in their effectiveness.

Supplement Facts

Serving Dose:

	Amounts per serving	% Daily Value
VITAMINS		
Vitamin X	1000 mg	100%
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KEEP OUT OF THE REACH OF CHILDREN.

Neither this formula, nor any statements made by Vibrant Life about this formula, have been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

This formula is manufactured exclusively for:

Vibrant Life

1831 North Bel Aire Drive, Burbank, CA 91504
(800) 526-4521 • Fax (818) 558-7299

www.bulkmsm.com • eMail karl@karlloren.com