

Recommended Usage

For optimum effectiveness of this Herbal MSM product, take one heaping teaspoon (about 5 grams), up to three times per day to start. Less may be effective, more is safe. 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 much 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 is not an effective method of use.

You can increase or decrease the specific dosage quantity or the number of times per day, depending on your results. MSM has been tested safe at very high dosages.

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



32 Ounces

Ayurvedic Herbal MSM is a unique blend of Indian herbs with MSM. Indian herbs are the "medicines" within the Ayurvedic system and have been studied and used for some 5,000 years. MSM has been discovered to be a "penetrant" and a "carrier." Thus, MSM carries the blended herbs along with it as it penetrates through tissues and into areas of use. Penetration through tissues in the mouth is much faster and more effective than through the intestines. The unique enzymes in the mouth are also an important part of the activation of the herbs. Pain is often associated with "inflammation" and this formula often reduces inflammation anywhere in the body, and it reduces pain of arthritis, particularly.

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

Supplement Facts: A serving dose of this formula is one heaping teaspoon. That serving would be approximately 5 grams, more or less, and includes Methyl Sulfonyl Methane (MSM) and cold extracted concentrates of the herbs mentioned above. No specific nutritional claim is made for any of these ingredients. There are no fillers or additives apart from MSM and herbal extracts in Supportt™-Arthritis.

This formula is manufactured exclusively for:

Vibrant Life

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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.