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Methylsulfonylmethane (MSM) has gained a strong following among health professionals and the public for its ability to relieve pain and promote wellness. Many physicians are finding that patients' needs for pain medication can be greatly reduced when MSM supplements are taken at the same time. For many, MSM has allowed them to live pain-free for the first time in years. MSM is an innocuous natural substance that can be used safely along with a host of pain medications.

Safety is an important point when it comes to pain relief, because many of the medications used to help with pain are toxic. NSAID pain medications alone are responsible for over 20,000 deaths and over 100,000 hospitalizations per year in the U.S. In contrast, MSM is completely safe, even in large doses. This is because MSM is a naturally occurring substance found in small amounts in produce, meat, milk, and seafood. MSM has always been a nutrient in our diet, and is a natural component of our plasma. Unfortunately, heat and processing destroys or greatly reduces the MSM content of food, leaving many with a suboptimal intake of this important nutrient.¹

MSM provides most of its benefits by supplying the body with sulfur. Sulfur is responsible for the health-promoting and pain-relieving properties of MSM. Approximately half of the sulfur in the body is found in the muscles, skin and bones. Sulfur is necessary for making collagen, the primary constituent of cartilage, skin and connective tissue.

Acid Lowering/Heartburn-Relieving Effects

Unlike prescription antacids or acid-blockers, pilot studies suggest that MSM can provide extremely effective and immediate relief from excess acidity, without side effects. MSM can be taken every day without disturbing any of the body's normal functions, including acid/alkaline balance.²

Allergies

MSM has strong anti-inflammatory activity in the body, which can greatly assist in reducing inflammation that is common with allergic reactions.³ Both environmental and food allergies can be reduced with MSM. Asthma and hay fever sufferers also have reported significant relief with MSM.

Arthritis

MSM has shown excellent potential in the treatment of osteoarthritis. Studies have shown MSM to be as effective as medication for pain relief in osteoarthritis, and without any of the toxicity of drug treatments.⁴ MSM has also been found to be helpful in rheumatoid arthritis.⁵

Available in 90 and 240 count capsules

| Supplement Facts | |
|-------------------------------|-------|
| Serving Size 1 capsule | |
| Amount Per Serving | |
| % Daily Value | |
| Methylsulfonylmethane (MSM) | 1 g * |
| *Daily Value not established. | |



| Supplement Facts | |
|---|-----------|
| Serving Size 5 grams (approx. 1 heaping teaspoon) | |
| Servings Per Container 80 | |
| Amount per Serving | |
| % Daily Value | |
| Methylsulfonylmethane (MSM) | 5000 mg * |
| *Daily Value not established. | |

Other Ingredients: Cellulose (capsule), vegetable stearate.

Protecting Against Breast Cancer

Research in animal studies has shown that oral MSM supplementation can protect against the onset of breast cancer.⁶ In both breast and colon cancer studies, MSM significantly prolonged the time of appearance of both tumors and cancers. For an extensive discussion of the benefits of MSM, refer to the book *The Miracle of MSM: The Natural Solution for Pain* (Putnam Press, 1999) by Stanley Jacob, M.D., Ronald Lawrence, M.D., Ph.D. and Martin Zucker. Stanley Jacob, M.D. is regarded as one of the pioneers in the clinical applications of MSM. In his book, he discusses his many case histories where he has used MSM to treat pain, inflammation, asthma, osteoarthritis, autoimmune diseases, carpal tunnel syndrome, fibromyalgia, tendonitis, sinusitis, shin splints, TMJ, back pain, allergies, and other conditions.

How to Take

- MSM should be taken daily. It is best to begin taking 1,500 mg of MSM for the first week to prevent the body from detoxifying too quickly. After the first week, the dose can be increased to 3-10 grams per day (3,000 to 10,000 mg). This dose can be taken as long as needed. When taking larger doses, the powdered form of MSM is more convenient and economical.
- To improve the taste of MSM powder, dissolve it in lemon juice and water, or in cranberry juice. Taking MSM at the same time as other supplements is also a good idea, as MSM works synergistically with other nutrients.
- For best results, spread your MSM dosage equally throughout the day. MSM is safe in high doses and has not been found to interact with any medications. Many also find that adding MSM powder to their bath water helps relieve pain and aid detoxification.

References

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7. Richmond VL. Incorporation of methylsulfonylmethane sulfur into guinea pig serum proteins. Life Sciences 1986; 39:263-68.
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