

# MSM – Methylsulfonylmethane

Support for joint health and overall wellness

MSM capsules contain the sulfur-supplying compound methylsulfonylmethane, more commonly referred to as MSM. MSM is a naturally occurring substance found in plants, animals, and humans. Approximately half of the sulfur in the body is found in the muscles, skin and bones.

The amount of MSM found in foods exists in very low levels. Handling, processing and cooking foods can further deplete sulfur levels, leaving many people with suboptimal intakes of sulfur. Therefore, the structure and function of the human body can benefit from supplemental MSM.

Sulfur provided by MSM helps to promote joint health. It is necessary for making collagen, the primary constituent of cartilage, skin and connective tissue. Sulfur aids in the detoxification process by altering certain chemicals and making them water soluble, enabling them to then be excreted by the kidneys. Sulfur is also a factor in creating necessary components to rid the body of toxic metals and to protect cells.

## MSM Benefits

- Supports cartilage, tendon, and joint function
- Aids muscle pain following exercise
- Relief of minor pain
- Relief of occasional heartburn
- Supports healthy skin
- Relief of occasional constipation

## How to Use MSM

As a dietary supplement, take one capsule daily, or as directed by your health care practitioner.

To date, MSM has yet to be found to interfere or interact with any medications. Most people who are allergic to sulfa drugs tolerate MSM very well. However, if you are concerned about a possible sensitivity to sulfur, start with a small amount of MSM and build up your intake slowly under the guidance of your health care practitioner. It is also best to build your intake of MSM slowly in order to prevent your body from detoxifying too quickly.

It is okay to take MSM at the same time as other supplements, as MSM works synergistically with all nutrients.

For best results, under your health care practitioner's guidance, spread your MSM dosage equally throughout the day.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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