

MSM

What is MSM?

MSM, or *methylsulfonylmethane*, is a naturally occurring sulfur compound found in the cells of all living things, including plants, animals and humans. The body utilizes and expends MSM on a daily basis. MSM is odorless and does not produce intestinal gas or body odor which may occur with other forms of sulfur. It is a member of the sulfur family, but should never be confused with sulfa drugs of which some people are allergic. It is similar to that of water in that you cannot overdose as the body will take and use whatever it needs and will flush any excess amount from the body. Although abundant in nature, the modern practices of food processing destroys the MSM in the foods we eat. *

What are the benefits?

MSM has been successful in supporting joint health, respiratory problems including asthma and various other bodily functions. It has been shown to be beneficial for hair, skin (including acne prone skin) and nails; connective tissue and enzymes; hormones and immunoglobulins; bones and ligaments; pollen and food allergies; digestive problems including constipation and stress-related disorders. MSM has a significant biological role in cell wall stabilization. MSM will make hair and nails grow stronger. It has been demonstrated to help alleviate pain associated with systemic inflammatory disorders. MSM supports cell integrity, detoxifies the body and works as a catalyst to improve the absorption of nutrients. MSM helps inhibit pressure build up in cells that cause inflammation and soreness in the joints, muscles, ligaments and tendons. *

Supplement recommendation:

Look for a product that is OptiMSM, a branded ingredient that represents the highest quality MSM you can buy. OptiMSM is manufactured in the United States and you'll be assured you are receiving the purest, highest quality MSM available. It is the only MSM recommended by Stanley W. Jacob, M.D., who has studied the effects of MSM for more than 20 years.

- **Nutrition for hair, skin and nails***
- **Enhances tissue pliability and encourages the repair of damaged skin***
- **Helps maintain normal colon function and has anti-parasitic properties***
- **Proven to fortify the body's natural barriers against allergens***
- **Promotes healthy formation of bones, joints, ligaments and tendons***
- **Encourages normal elimination and helps to properly metabolize carbohydrates, fats and proteins***
- **Provides positive support for healthy digestion and absorption of nutrients***
- **Necessary for the production of collagen, keratin and connective tissues***

Supporting Research:

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Turner L. Supplement Spotlight: The Benefits of MSM; *Vitamin Retailer magazine*; 1999

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* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.