



Category 10
Specialty Supplements



MSM

(Methylsulfonylmethane) #102120 120 Cap

Description: The miracle of MSM, the natural solution for pain: How do you spell relief? These days, more and more people are spelling it M-S-M. **MSM**, which stands for methylsulfonylmethane, is a nutritional supplement that is rapidly establishing a reputation as a safe, natural, and effective solution for many types of pain and inflammatory conditions.

Contents / Ingredients

At the DMSO Clinic at Oregon Health Sciences University, MSM has been used in the treatment of many patients who have reported benefits with the following conditions:

- Degenerative arthritis
- Chronic headache
- Fibromyalgia
- Carpal tunnel syndrome
- Post-traumatic pain and inflammation
- Chronic back pain
- Muscle pain
- Tendinitis and bursitis
- Allergies

Traditional Therapeutic Action

Supplement Facts

Serving Size 2 Capsules Servings per Container 60
Amount Per Serving % Daily Value
MSM (Methylsulphonylmethane) 2 g (*)
(* Daily Value not established.)
Other ingredients: Gelatin (capsule), Magnesium stearate and stearic acid.
Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg or preservatives.
Our MSM is safe, non-toxic and tested to contain a minimum of 99.7% purity. It has been extensively researched since 1979.

MSM is a natural substance. It is an inconspicuous sulfur molecule found in the atmosphere, in plants, animals, and the human body. Chemically, it consists of two hydrocarbon units attached to a unit with one sulfur and two oxygen atoms. Do not confuse **MSM** with sulfites; **MSM** is a sulfur compound but it is not a sulfite. Sulfur is a mineral nutrient found in food, and minerals are frequently deficient in the Western diet with serious consequences to health.

It is often so effective for pain relief that doctors are able to lower the dosage of other medication they prescribe for patients. The end result is relief, with none of the troubling side effects frequently caused by prescriptive pain medications.

MSM is a source of sulfur, a mineral element critical to the normal function and structure of the body. Sulfur is a raw material for the protein and connective tissue that make up our body mass, for enzymes that conduct countless chemical reactions, and for powerful natural compounds that protect us against toxicity and harmful oxidative stress. Sulfur also has a long history of healing but it has been overlooked in our current fascination with vitamins and minerals.

MSM is a surprising supplement. When you start taking it, you may notice a number of good things happening in your life. In addition to pain relief, **MSM** offers prompt and powerful relief of pollen allergies, commonly called hay fever -a major seasonal ordeal for some 35 million Americans. Your hair contains a lot of sulfur as well as your nails and skin. One of the most frequent benefits reported is that hair and nails have become thicker and stronger. More energy decreased scar tissue, and relief of constipation are some of the other benefits reported by users of **MSM**.

Other promising studies suggested that **MSM** may improve autoimmune diseases in which the body's own immune system becomes deranged and starts to attack its own tissue. Rheumatoid arthritis and lupus are two of the better-known autoimmune diseases.

It is believed that **MSM** relieves pain in at least several ways:

- **MSM** inhibits pain impulses along a major nervous system network called C fibers. These fibers carry messages of pain from a site of damaged tissue in the body to your brain.
- **MSM** also reduces inflammation. Inflammation puts pressure on nerves and other tissues and causes pain.
- **MSM** promotes blood flow, which enhances the healing process.
- **MSM** reduces muscle spasm -a contraction of muscle tissue- often involved in painful conditions.

SUGGESTED DOSAGE: For general maintenance and health, a dosage of 1 to 2 grams per day is usually adequate. You may need 3 to 4 grams of MSM to control your allergic symptoms and up to 8 grams for severe, deep-seated conditions, divided throughout the day.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.