

M.S.M. is a food supplement based on methyl sulphonyl methane as a **natural source of sulphur**. Each capsule provides **850 mg of MSM**. Sulphur is essential for the functioning of our organism. It is involved in the formation and flexibility of **connective tissue**, especially that with a high protein content (red blood cells, muscles, skin, hair, nails), it is an essential part of enzymes and it protects the protoplasm of cells against toxic substances.

Ingredients: Methylsulfonylmethane, anti-caking agents (magnesium salts of fatty acids and silicon dioxide), vegetable capsule (hydroxypropylmethylcellulose; purified water).

Nutritional information:	1 caps (989 mg)
M.S.M. (methylsulfonylmethane)	600 mg

Size and format:
90 vegetable capsules

Recommended daily dose:
1 or 2 capsules daily with food.
Do not exceed the stated recommended daily dose.

Indications and uses:

It can help in the following conditions, thanks to its analgesic, anti-inflammatory, muscle relaxant, joint, ligament and tendon protector and repairer, and circulation activator properties:

- Osteoarthritis, rheumatoid arthritis, synovitis, etc.
- Skeletal muscle ailments, back pain, post-traumatic pain and inflammation, etc.
- Sprains, distortions, tendovaginitis, etc.
- Carpal tunnel syndrome
- Headache due to tension.
- Fibromyalgia
- Scleroderma.
- *Herpes zoster*.
- Inflammatory bowel diseases.
- Allergic rhinitis (M.S.M. blocks histamine lodging in the nasal/pituitary mucosa).

Cautions:

Consult a health care professional if you are pregnant, nursing or have special medical conditions. Some people may experience mild gastrointestinal bloating, constipation or indigestion.

DETAILS:

M.S.M. (methyl-sulfonyl-methane) is a sulphur molecule present in the atmosphere as well as in plants and in animal and human organisms. Sulphur is essential for the healthy functioning of our body.

It plays a key role in the formation of connective tissue, especially that with a high protein content (red blood cells, muscles, skin, hair, nails), is an essential part of enzymes, contributes to detoxification processes and protects the protoplasm of cells against toxic substances

INGREDIENTS:

M.S.M. (Methyl-Sulphonyl-Methane): is one of the main components of DMSO (Dimethyl-Sulfoxide). This substance proved to be a good anti-inflammatory and analgesic for arthritic pain, as well as a good antioxidant, with the drawback that its taste and smell are extremely unpleasant. By extracting the odour-producing substance, DMS (dimethyl sulfide), from DMSO, the odourless form of M.S.M. could be created. ⁽¹⁻⁴⁾

M.S.M. provides organic sulphur. Based on numerous clinical practices, it is considered an ideal analgesic/soothing agent. The analgesic effect of methylsulfonylmethane is due to the fact that it blocks the transmission of pain impulses

along C nerve fibres, so that pain is not conducted to the brain. M.S.M. increases the permeability of cell walls, facilitating the exchange of nutrients and promoting the clearance of nutrients, thereby preventing the accumulation of toxins and promoting the breakdown of fibrin that often causes pain^(5,6). The circulation-activating effect of M.S.M. promotes the healing processes of damaged tissue⁽²⁾.

In addition to its effects on osteoarticular health, M.S.M. also has beneficial effects on allergic or seasonal rhinitis, skin health (scleroderma), fibromyalgia, inflammatory bowel disease, etc.⁽⁷⁻¹⁵⁾.

References:

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