

# MSM

90 Tablets, Dietary sulfur supplement, Stock No. 4059-4

**M**SM (methylsulfonylmethane) is a naturally-occurring organic form of dietary sulfur.

The body uses sulfur in many processes, including collagen synthesis, cell oxygenation, carbohydrate metabolism and the maintenance of balance between acidity and alkalinity. These processes consume sulfur, which must be replenished.

Most of the body's sulfur is found in the sulfur-containing amino acids methionine, cysteine, taurine, and glutathione (the body's main antioxidant). Vitamin B1, biotin, and pantothenic acid contain small amounts of sulfur.

## *Did you know?*

MSM naturally occurs in raw foods such as fruits, vegetables, meat, milk and seafood. However, much of the MSM content in food is lost during preparation processes. In mammals, the concentration of MSM in the body decreases with age. Unlike other forms of sulfur,

MSM is odourless and does not produce intestinal gas or body odour.

## *NSP Advantage*

90 tablets. Methylsulfonylmethane supplement.

*Ingredients:* Each tablet contains 750 mg of Methylsulfonylmethane (MSM), cellulose, maltodextrin, stearic acid, silicon dioxide, magnesium stearate Excellent source of organic sulfur.

*Recommendation:* Take two tablets with a meal three times daily.

1. Mindell, Earl, *Earl Mindell's Supplement Bible*, Fireside, 1998, pp.104-105.

2. Balch & Balch, *Prescription for Nutritional Healing*, Avery Publishing, 1997.

## Features & Benefits

- Sulfur helps fortify connective tissues and maintain healthy joints.
- MSM may provide sulfur for the synthesis of glutathione, which scavenges free radicals.
- Sulfur stimulates bile secretion and may help regulate elimination.<sup>2</sup>
- Sulfur is needed to regulate blood sugar, as a component of insulin.
- Relieves severe allergic symptoms and asthma; promotes the formation of collagen, which helps produce new skin; strengthens hair and nails.<sup>1</sup>