

# MSM (Methylsulfonylmethane)

## Nutritional Support for Healthy Joints and Connective Tissues

*The body uses sulfur-containing compounds in many processes, including collagen synthesis, cell oxygenation, carbohydrate metabolism and the maintenance of proper pH balance. Sulfur-based compounds are especially important for joint health as they strengthen and support the health of connective tissues in the joints.*

*Discovered in 1980, MSM is an organic form of sulfur found in most foods. Unfortunately, preparing, cooking and processing foods destroys MSM, making supplementation beneficial for healthy connective tissues.*



### **BENEFITS**

- Strengthens connective tissues.
- Supports healthy joints.
- Maintains structure of proteins.

### **HOW IT WORKS**

MSM, a naturally occurring dietary sulfur used by the body, helps maintain protein structure and cellular function, helps maintain circulation, and assists the body in certain immune functions. MSM helps fortify connective tissues and maintain healthy joints. In addition, it scavenges free radicals, helps regulate elimination and may help create a healthy internal environment.

### **NSP ADVANTAGE**

We use the highest quality MSM material from a trusted source associated with Dr. Stanley W. Jacob, the "founder of MSM."

### **SCIENTIFIC SUPPORT**

MSM is an odorless and tasteless natural sulfur compound found in all living things. MSM's sulfur is used in the body to support healthy connective tissue and joint function. While MSM is found in many foods, including meat, fish, certain fruits, vegetables and grains, it is destroyed when foods are processed.

### **INGREDIENTS**

Each tablet contains 750 mg methylsulfonylmethane (MSM).

### **RECOMMENDED USE**

Take 2 tablets with a meal three times daily to supply your body with the recommended 4.5 g per day. Studies indicate that the collagen- and connective-tissue-support benefits of MSM may be enhanced when taken with vitamin C.

### **COMPLEMENTARY PRODUCTS**

- **Nutritional:** Vitamin C Citrus Bioflavonoids, Time Released Vitamin C, EverFlex® Tablets.

MSM (90)

Stock No. 4059-4



Contact your local NSP Herb Specialist: