



MSM

Methyl Sulfonyl Methane

MSM-Methyl Sulfonyl Methane is an organic form of Sulfur. It is a natural-occurring vital building block of joints, cartilage, skin, hair and nails, and methyl groups. These groups support many vital biochemical processes in the body, including energy production. MSM is a naturally-occurring nutrient found in small amounts of many foods. MSM is completely safe, odorless and non-toxic.

Facts on Organic Sulfur (MSM)

Sulfur is a mineral found in rather high concentrations in our body tissues. Around half of the body's total sulfur is concentrated in the muscles while the other half is found in the brain, hair, skin and bones. Sulfur comprises 0.25% of our body weight. Sulfur has a vital relationship with protein since sulfur is found in the amino acids methionine, cysteine and cystine. Thus, these amino acids are known as the sulfur bearing amino acids that are considered the building blocks of protein. The sulfur-bearing amino acid methionine is absolutely essential to health. This means it must be supplied by food or supplemental MSM. A lack of proper (raw, unprocessed) protein in our diet creates a further need for the vital organic sulfur necessary for good health. Proteins contain sulfur, while carbohydrates and fats do not. Sulfur is necessary for collagen synthesis. Collagen is an insoluble fibrous protein in vertebrates and is the dominant component of connective tissue and bones. Since nutritional sulfur helps keep skin, hair and nails healthy, it has been referred to as "***Natures Beauty Mineral.***" Sulfur operates as a synthesizer and activator with the B vitamins, thiamine, vitamin c, biotin and pantothenic acid which are needed for metabolism and healthy nerves. Sulfur plays an important part in tissue respiration, which is the release of energy usually from glucose in the tissues of all animals, green plants, fungi and bacteria. Sulfur also helps maintain overall body balance between acidity and alkalinity as well as working with the liver to excrete bile. Research indicates that sulfur's most important health role is in carbohydrate metabolism, which is important for hypoglycemics and diabetics. Sulfur is a significant component of insulin, the protein hormone secreted by the pancreas which is essential to the metabolism of carbohydrates. A lack of nutritional sulfur in the diet can result in low insulin production.

Studies have shown that MSM may:

- Detoxify the body, increase blood circulation and lower blood pressure
- Provide relief of inflammation, stiffness and swelling from arthritis
- Relieve lactic-acid buildup, leg cramps, muscle spasms
- Allow for better absorption of nutrients from foods we eat
- Relieve allergies, asthma and chronic constipation
- Help with mood elevation
- Help accelerate the growth of hair and nails as well as strengthening them
- Control parasitic infections of the intestinal and urogenital tracts

