

# MSM

## The ultimate sulfur supplement

**MSM** (methylsulfonylmethane) is a natural compound found in plants and animals. MSM is a normal oxidation product of dimethyl sulfoxide (DMSO), and is a part of the natural global sulfur cycle. MSM, therefore, is a key member of the sulfur family.

Sulfur is a very important element in human metabolism. Sulfur is necessary for the production of collagen, the primary constituent of cartilage and connective tissue. Additionally, intracellular sulfhydryl groups are necessary for the catalytic function of numerous enzymes.

Sulfur is necessary for the maintenance of healthy hair, skin and nails. In addition, sulfur plays an important role in carbohydrate metabolism.

Many people consume inadequate amounts of sulfur-containing compounds, such as methionine and cysteine. For them, **MSM** can serve as an excellent supplemental source of sulfur.

**MSM** has been extensively researched, is highly soluble, and has been found to be a safe and effective source of supplemental sulfur.



**MSM** is available in 60-count bottles (#7805).

### Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	% Daily Value
Methylsulfonylmethane	830 mg	*

\* Daily Value not established

**Other ingredients:** Capsule shell (gelatin and water).

**This product is gluten, dairy and GMO free.**

**RECOMMENDATION:** One (1) capsule one (1) to two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

#### KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.  
Sealed with an imprinted safety seal for your protection.

Product # 7805 Rev. 10/17



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