

MSM

Methyl Sulfonyl Methane 1000 mg



DESCRIPTION

MSM tablets each contain 500 mg of methylsulfonyl-methane (MSM). MSM, a derivative of DMSO, is a naturally occurring compound of biologically available sulfur. The essential trace element molybdenum is added as a cofactor for normal sulfur metabolism.

FUNCTIONS

Sulfur is an indispensable element in human nutrition. As part of the amino acids methionine and cysteine, sulfur is required for the structural integrity and function of almost every protein in the body, including enzymes, serum proteins, and the keratin of skin, hair, and nails. Taurine, another sulfur-containing amino acid is known for its role in bile salt synthesis, cell membrane stability, neuronal excitability and the regulation of osmotic pressure. Sulfur is also an essential element for the glycosaminoglycans of connective tissues and cartilage, and assumes a major role in detoxification as part of the hepatic sulfur conjugation pathways. Proper detoxification of xenobiotics, such as phenols, and many endogenous and foreign food- or air-borne compounds depends on an adequate supply of biologically active sulfur.

Dietary MSM serves as a versatile donor of metabolically active sulfur for the synthesis of numerous organosulfur compounds and proteins in the body. As such, MSM helps maintain normal immune response, lung function, connective tissue metabolism, and muscle contraction. MSM occurs naturally in a variety of foods, such as fruits, vegetables, cereal grains, milk, and fish. However, MSM is volatile and easily lost during cooking. MSM is very well absorbed by the intestinal tract and rapidly distributed within the body.

Molybdenum is an essential trace element that assists in the proper metabolism of sulfur. Specifically, molybdenum is the cofactor of sulfite oxidase, an enzyme that converts potentially toxic sulfite to sulfate. This reaction is necessary for the normal metabolism of the sulfur amino acids.

INDICATIONS

MSM may be a useful dietary supplement for individuals who wish to enhance their diets with biologically active sulfur and molybdenum.

FORMULA (WW #10112)

1 Tablet Contains:

MSM** 1000 mg
(methylsulfonylmethane)

Other Ingredients: cellulose, vegetable stearin, cellulose gum, magnesium stearate, and silica.

**From OptiMSM® brand premium MSM. OptiMSM® is a trademark of Cardinal Nutrition.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

SUGGESTED USE

As a dietary supplement, adults take 1 tablet daily with meals, or as directed by a healthcare professional.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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