

## PRODUCT INFORMATION

# MSM

*Methyl-sulfonyl-methane (MSM) promotes healthy inflammatory processes, supports allergy relief and helps to maintain gastrointestinal tract and skin health.*

### Basic Facts

**Methyl-sulfonyl-methane (MSM)** is a natural organically bound sulfur. It is found in small concentrations in the fluids and tissues of the human body. MSM is exceptionally bioavailable and is an essential component of food. Sulfur is a crucial building block of enzymes and immunoglobulins; it is also important for maintaining the healthy formation and nutrient balance of connective tissue, hair and nails.

MSM helps to promote healthy inflammatory processes and enables the body to replace destroyed cells and tissue structures. These properties allow it to be helpful in soothing minor discomfort caused by inflammation in the joints, tendons, synovial bursae, intervertebral discs and also in numerous other processes in the muscle and locomotor system. In athletes, it helps discourage stiffness and discomfort caused by overexertion of the muscles, ligaments and joints.

MSM is also considered an important anti-allergic agent; it occupies the receptors in the mucous membranes so that allergens can no longer attack.

MSM therefore helps in numerous concerns of the gastrointestinal tract such as diarrhea, constipation and acidification as well as against numerous parasites. This substance can be found in many foodstuffs including milk, meat and fish, but it is destroyed by heating, drying and other modern processing methods. For people who do not make it a point to consume milk and untreated foodstuffs, supplementing with MSM makes sense.

### Effects

It has been known for centuries that sulfur-rich medicinal springs can ease many health complaints. Sulfur compounds have also been used for many years as antibiotics (sulfonamides) to combat bacterial infections.

The human body absorbs MSM through the consumption of fresh vegetables, fruit, meat and seafood. Fresh cow milk is particularly rich in this substance. Unfortunately, it is very easily destroyed in food. Also, due to modern farming techniques, the MSM content in plants is continually decreasing.

Robert Herschler, one of the leading MSM researchers, expresses it as follows: «MSM can be destroyed so easily that in order to guarantee an optimal intake via food, fish, meat and vegetables would have to be eaten raw and unwashed».

### Uses

**Heartburn/constipation:** In contrast to most other medications, MSM helps to balance the body's pH value without any side effects. It is helpful in cases of constipation, as it promotes healthy bowel function. Even those who do not suffer from digestive concerns can take MSM daily as a food supplement to balance the pH value of the entire body.

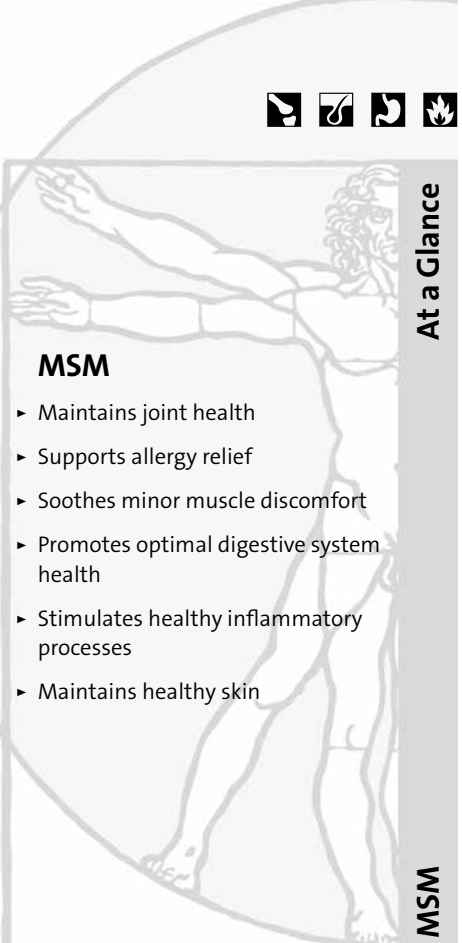
**Allergies:** MSM has proven to be successful in soothing allergies of all kinds. It was shown to be as effective as the usual antihistamine preparations, but without side effects. Study participants reported clear improvement and even the complete disappearance of allergic symptoms. Many were able to reduce the amount of anti-allergic agents they were taking by simply also taking MSM.

**Joint health:** When joint health deteriorates, the usual treatments of choice are pain-relieving and anti-inflammatory drugs, which often have unpleasant side effects. In several studies, the effects of MSM rivaled those of certain drugs available on the market, and it was well-tolerated.

**Autoimmune-related joint discomfort:** 40 percent of all people over age 65 experience autoimmune-related joint discomfort.

In these cases, MSM can help discourage swelling and unhealthy inflammatory reactions, soothe minor discomfort and help relieve feelings of stiffness.

**Healthy cell growth:** In an animal study, MSM was shown to discourage the systemic spread of unhealthy cell growth in the breasts and intestines without any toxic side effects. In relation to human medicine, this suggests that the administration of MSM – particularly in connection with other traditional allopathic therapies – could help protect against, or at least delay, the spread of unhealthy cell growth in the body in general.



**MSM**

- ▶ Maintains joint health
- ▶ Supports allergy relief
- ▶ Soothes minor muscle discomfort
- ▶ Promotes optimal digestive system health
- ▶ Stimulates healthy inflammatory processes
- ▶ Maintains healthy skin

At a Glance

MSM

**Lung/respiratory system health:** In studies, MSM was shown to help support respiratory system health in those with various types of lung-related concerns. In combination with specific exercises and diet, it showed positive benefits in cases of bronchitis, shortness of breath and «smoker's cough».

**Immune system health:** Certain health conditions that occur when the body's immune system is not functioning properly can cause symptoms such as fever, fatigue, joint discomfort and unpleasant rashes. The heart, lungs, kidneys, gastrointestinal tract and brain can also be involved, sometimes with lethal results. In an animal study, MSM reduced the rate of death by 75 to 100 percent. Respective studies with humans are now being carried out.

Other immune-system-related conditions can result in the skin and connective tissue becoming abnormally hard and stiff. At worst, immobility of the fingers, face or other areas of the body can result. Studies have shown that MSM (in the form of a cream) can help improve elasticity and suppleness of the tissues, thus improving the patients' quality of life.

**Minor muscle discomfort:** In instances of minor muscle discomfort or compromised skeletal muscle health, MSM was able to bring about significant improvement. When taken along with vitamin C, it, the treatment worked more quickly and was also more

effective. MSM is often used by athletes and in sports medicine. It has been found to provide relief for overstrained muscles, cramps, injuries and overexertion. The convalescence phase is reduced and injuries are resolved in a shorter period.

**Parasites:** Cutaneous fungi and athlete's foot can be successfully addressed with MSM. It is also effective in cases of giardiasis (a condition caused by intestinal flagellates), trichinae and verminosis.

**Skin, hair and nails:** MSM promotes skin and connective tissue elasticity. It can also be beneficial for acne, burns and age-related changes of the skin. It may also benefit the appearance and texture of excessive scar tissue.

## Composition

One capsule contains 500 mg methyl-sulfonyl-methane in pharmaceutical grade.

Other ingredients: rice flour.

## Dosage

As a food supplement, doctors recommend a daily intake of 500 mg.

For therapeutic purposes, MSM dosage depends on the individual's state of health and immune function. Bodyweight may also play a role. A doctor can prescribe the correct dose in accordance with each individual's needs.



## Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

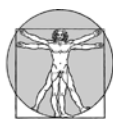
Store in a cool and dry environment, out of reach for children.

### MSM Product Groups

MSM can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

-  **Bones & Joints**
-  **Skin & Hair**
-  **Stomach & Intestines**
-  **Pain & Inflammation**

Manufacturer:



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by LHP Inc.

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### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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