

Among our products is the organic sulfur compound, methylsulfonylmethane (MSM). Milk is the richest dietary source of MSM (about 4 mg per quart), but it is also found in small amounts in many other foods (1). Reported uses for MSM are extremely varied. Recent research has shown that MSM can delay the onset of chemically induced mammary cancer in rats (2). It is also patented for use in nasal sprays to prevent snoring (3). MSM has also been shown to have an anti-inflammatory effect in a mouse strain that develops spontaneous rheumatoid arthritis (4). Drs. Stanley Jacob and Robert Herschler of the Oregon Health Science University also report that MSM is effective against allergies, hyperacidity, constipation, and many internal parasites. Our own experience is that MSM seems to be effective in reducing mucus buildup in the throat and nasal passages. How MSM works is still a mystery, since there are few biological functions for sulfur that we are aware of except as part of the sulfur amino acids cysteine and methionine. Animals are not able to make those amino acids themselves and rely on dietary sources for them. However, one study found that small amounts of MSM derived sulfur were incorporated into amino acids, perhaps by gut bacteria (5). Even though there is still a lot to learn about MSM, toxicology reports indicate that MSM is extremely safe. MSM is an exciting new product that we are making available in several forms.

References:

1. Pearson et al. (1981) J. Agric. Food Chem. 29: 1089-1091.
2. McCabe et al (1986) Arch. of Surg. 121: 1455-1459.
3. U.S. Patent # 5,569,679.
4. Moore & Moore (1985) FASEB J. Abstract # 692.
5. V. Richmond, (1986) Journal of Nutrition 116: June Supplement xxvii.

What is MSM

MSM (methylsulfonylmethane) is a white odorless powder. It is a relatively small molecule (F.W. = 94.13) composed of sulfur, carbon, oxygen, and hydrogen. Although chemically related to DMSO, MSM is more stable and does not have the unpleasant odor associated with DMSO. MSM has a very low toxicity. The reported LD50 (dose at which 50% of the animals would die) for MSM is over 20 grams per kilogram of body weight. That would be approximately 1,400 grams (1,400 MSM 1000 mg capsules or 3 lbs of powder at one time) for an average man! Dr Stanley Jacob at the Oregon Health Sciences University reported no harmful effects in humans supplemented with 1 gram per kilogram bodyweight for 30 days. Daily intravenous injections of 0.5 grams per kilogram body weight for 5 days also resulted in no toxic effects. All available toxicology data indicate that MSM is an extremely safe substance at currently recommended dosages. Few substances currently used as dietary supplements have the margin of safety found with MSM.

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Why People Use MSM

There are many reasons why people use MSM. Probably for most it is simply for the general health benefits of increased dietary sulfur. There have been several patents issued for various purposes including:

1. Prevention of snoring (U.S. Patent # 366,666).
2. Relief of pain and nocturnal cramps (U.S. Patent # 385,117).
3. Reduction of stress-induced death in animals (U.S. Patent # 385,117).
4. Use as an excipient in tableting and encapsulating of pharmaceutical products (U.S. Patent # 584,354).
5. Reduction of gastric upset and allergic reactions (U.S. Patent # 601,771).
6. To soften the skin, nails and other tissues as a topical preparation (U.S. Patent # 277,592).

Health benefit reported by Dr Stanley Jacob and Dr Robert Herschler in the Annals of the New York Academy of Sciences (vol 411, 1983), include:

1. Moderation of allergies to pollen and foods.
2. Control of hyperacidity.
3. Improving drug tolerance.
4. Control of constipation.
5. Improved lung function.
6. Antiparasitic action.

How Much Should I Take

Most people use 2,000 - 6,000 mg per day, although some health benefits have been reported with dosages as low as 250 mg.

MSM Facts

MSM (methylsulfonylmethane), also known as dimethylsulfone, is one the most common non nitrogenous organic forms of sulfur found in nature. The natural biosynthesis of MSM is begun in ocean plankton, which metabolize inorganic sulfur to form dimethyl sulfide. Dimethyl sulfide is released as a gas which rises to the upper atmosphere. In the upper atmosphere ozone oxidizes dimethylsulfide to form both MSM and DMSO (dimethylsulfoxide). MSM is highly soluble in water and returns to the earth with rain. Once back in the earth MSM is taken up by plants and enters the food chain. Many fresh fruits and vegetables contain MSM, as do animal products, especially cows milk. MSM is not found in high enough concentration to be practically extracted from plants. MSM for supplement use is made by the oxidative modification of DMSO which is derived from plant sources.

Notice

Some people may interpret information provided here to suggest that MSM is useful for the treatment of disease. All research for using MSM in treatment of any ailments is preliminary and most information is anecdotal in nature. There is no documented research to prove that MSM is useful in the treatment of disease, and MSM should only be used as a source of dietary sulfur for the enhancement of general health and vitality.

Daily MSM Products

MSM Blend:

Each capsule contains 750 mg of pure MSM blended with the synergistic nutrients and herbs, vitamin C (60 mg), bioflavonoid complex (20 mg), and Korean ginseng (10 mg). This combination contains everything needed for maximum benefits from MSM supplementation.

MSM 1000 mg:

Possibly the highest potency MSM on the market. This is an especially good value for those already taking the other ingredients in the MSM blend.

MSM Lotion:

A wonderful, soothing apricot scented lotion with 15% pure MSM, jojoba oil, and a proprietary blend of herbal extracts. Daily MSM lotion provides soothing relief for irritated skin and sore joints.

MSM Glucosamine Blend:

Three capsules contain vitamin C (90 mg), MSM (1000 mg), glucosamine sulfate (15 mg) and grape seed extract (15 mg).

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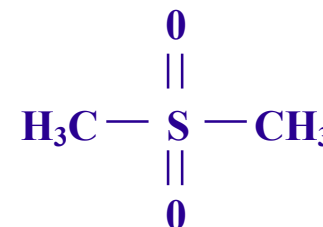
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MSM

(Methylsulfonylmethane)



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