



# MSM

## (Methylsulfonylmethane)

### What Is It?

Pure Encapsulations MSM contains 99.7% pure, patented MSM (methylsulfonylmethane or dimethylsulfone), a naturally occurring, sulfur-containing organic compound. MSM is the major metabolite of DMSO (dimethyl sulfoxide) and provides 34% elemental sulfur, a compound that is crucial in maintaining healthy tissues.\*

### Uses For MSM

**Promotes Healthy Joints:** Sulfur is a key nutrient needed to maintain connective tissue health, particularly those containing significant amounts of collagen and keratin, such as hair, skin, and nails. Furthermore, sulfur is essential in methionine, cysteine, and serum protein metabolism.\*

**Immune Function:** Some studies suggest that MSM provides support for healthy immune and respiratory function. A recent multi-center, clinical trial indicated that MSM helped promote respiratory comfort and energy levels in subjects.\*

### What Is The Source?

Pure Encapsulations MSM is synthetically derived. The MSM used in this product is OptiMSM® brand, which is a registered trademark of Cardinal Nutrition.

### Recommendations

Pure Encapsulations recommends 1700–6800 mg of MSM per day, with meals.

### Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product.

### Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

#### MSM (Methylsulfonylmethane) capsules

each vegetable capsule contains



methylsulfonylmethane ..... 850 mg.  
2–8 capsules per day, in divided doses, with meals.

#### MSM powder

one scoop contains

methylsulfonylmethane ..... 3 g.  
1–2 scoops per day, with meals.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.