MSM
Fundamental Sulfur Capsules

DESCRIPTION
MSM (Fundamental Sulfur) provided by Douglas Laboratories®, contains 750 mg of methylsulfonylmethane (MSM) per capsule. MSM, a derivative of DMSO, is a naturally occurring compound of biologically available sulfur.

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. Sulfur is also an essential element for the glycosaminoglycans of connective tissues and cartilage, and assumes a major role in liver 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.

INDICATIONS
MSM may be a useful dietary supplement for individuals desiring support of joint/connective tissue function, hair and skin support, and liver health.

FORMULA (#MSMC)
One capsule contains:
Methylsulfonylmethane (MSM)* .................................... 750 mg

*OptiMSM (distilled methylsulfonylmethane) is a proprietary ingredient exceeding industry standards for optimal purity. OptiMSM® is a registered trademark of Bergstrom Nutrition, Inc.

SUGGESTED USE
The suggested dose is one capsule three times daily, or as directed by a healthcare professional.

SIDE EFFECTS
No adverse side effects have been reported.

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

REFERENCES
Morton JI, Siegel BV. Effects of oral dimethyl sulfoxide and dimethyl sulfone on murine autoimmune
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For more information on MSMC visit douglaslabs.com

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