

Fundamental Sulfur (MSM®)

Fundamental Sulfur II

Biologically Active Sulfur from Methylsulfonylmethane (MSM)

DESCRIPTION

5 Fundamental Sulfur (MSM®) tablets provided by Douglas Laboratories®, 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. Fundamental Sulfur also provides vitamin C, while Fundamental Sulfur II does not.

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

Fundamental Sulfur may be a useful dietary supplement for individuals who wish to enhance their diets with biologically active sulfur, together with molybdenum and vitamin C. For those sensitive to ascorbic acid, Fundamental Sulfur II is recommended (vitamin C free).

FORMULA (MSM)

Each tablet contains:

Methylsulfonylmethane (MSM®)	500 mg
Vitamin C (ascorbic acid, corn-free)**	100 mg
Molybdenum (amino acid chelate)	25 mcg

**not added to Fundamental Sulfur II

SUGGESTED USE

The suggested dose is one tablet three times daily, or as directed by a physician.

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.

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**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.**

**Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440**