

MSM (methylsulfonylmethane)

Provides sulfur to support joint, immune and respiratory health[‡]

INDICATIONS

- Ages 18 and up
- Joint health support[‡]
- Immune system and respiratory support[‡]

BENEFITS

- Helps maintain connective tissue health[‡]
- Supports tissue containing collagen and keratin including hair, skin and nails[‡]
- May promote immune and respiratory health[‡]

FEATURES

- Contains 99.7% pure, patented MSM
- As the major metabolite of DMSO (dimethylsulfoxide), contains 34% elemental sulfur
- Available in convenient capsule and powder forms
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Pure Encapsulations' MSM (methylsulfonylmethane or dimethylsulfone) is a source of organic sulfur found naturally in the human body. MSM, the major metabolite of DMSO (dimethyl sulfoxide), is 34% elemental sulfur, a compound which is crucial in maintaining healthy tissues.¹ While sulfur supports many functions, it is well known for maintaining connective tissue health.² Sulfur also supports tissue containing significant amounts of collagen and keratin, including hair, skin and nails.³ Sulfur is essential in methionine, cysteine and serum protein metabolism.⁴ Preliminary evidence suggests that MSM may also provide potential support for healthy immune and respiratory function.^{5†}

SUGGESTED USE

MSM capsules

As a dietary supplement, take 2 capsules, 1-4 times daily, with meals.

MSM powder

As a dietary supplement take 1 rounded scoop, 1-2 times daily, in a beverage, with meals.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

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

NOTES

MSM capsules

Size 00 caps

Bottle count 250, 360

Order codes MSM2, MSM3

Bottle size 20 oz, 26 oz

MSM powder

Serving size: 1 rounded scoop (approximately 3 g)

Servings per container: 75

Order code MSMP

Bottle size 20 oz

REFERENCES

1. Lucas CT, Call FL 2nd, Williams WJ. J Clin Invest. 1970 Oct;49(10):1949-55.
2. Richmond VL. Life Sci. 1986 Jul 21;39(3):263-8.
3. Kim LS, et al. Osteoarthritis Cartilage. 2006 Mar;14(3):286-94.
4. Sullivan MX, et al. J. Bone and Joint Surg. 1934; 16, 185.
5. Parcell S. Altern Med Rev. 2002 Feb;7(1):22-44.
6. Nakhostin-Roohi B, et al. J Pharm Pharmacol. 2011 Oct;63(10):1290-4

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SUPPLEMENT FACTS

2 capsules, 1-4 times daily, with meals.

Two (size 00) vegetarian capsules contain:

Methylsulfonylmethane (MSM)	1,700 mg
Other ingredients: vegetarian capsule (cellulose, water)	

OptiMSM® is a registered trademark of Bergstrom Nutrition.



MSM capsules	Quantity	Order Code
	360	MSM3
	250	MSM2

1 rounded scoop, 1-2 times daily, in a beverage, with meals.

Serving size: 1 rounded scoop (approximately 3 g)

Servings per container: Approximately 75

Each scoop contains:

Methylsulfonylmethane	3 g
Other ingredients: silicon dioxide	

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MSM powder	Quantity	Order Code
	8.1 oz (230 g)	MSMP

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

