

# MSM (methylsulfonylmethane)

Provides sulfur to support joint, immune and respiratory health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Joint health support<sup>†</sup>
- Immune system and respiratory support<sup>†</sup>

## BENEFITS

- Helps maintain connective tissue health<sup>†</sup>
- Supports tissue containing collagen and keratin including hair, skin and nails<sup>†</sup>
- May promote immune and respiratory health<sup>†</sup>

## FEATURES

- Contains 99.7% pure, patented MSM
- As the major metabolite of DMSO (dimethyl sulfoxide), 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.<sup>1</sup> While sulfur supports many functions, it is well known for maintaining connective tissue health.<sup>2</sup> Sulfur also supports tissue containing significant amounts of collagen and keratin, including hair, skin and nails.<sup>3</sup> Sulfur is essential in methionine, cysteine and serum protein metabolism.<sup>4</sup> Preliminary evidence suggests that MSM may also provide potential support for healthy immune and respiratory function.<sup>5†</sup>

## 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 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<sup>®</sup> brand, which is a registered trademark of Cardinal Nutrition

## NOTES

MSM capsules

Size 0 caps

Bottle count 250, 360

Order codes MSM2, MSM3

Bottle size 20 oz, 26 oz

MSM powder

Serving size: 3 g (1 scoop)

Servings per container: 75

Order codes MSMP

Bottle size 20 oz

## REFERENCES

1. Richmond VL. *Life Sci.* 1986 Jul 21;39(3):263-8.
2. Kim LS, et al. *Osteoarthritis Cartilage.* 2006 Mar;14(3):286-94.
3. Sullivan MX, et al. *J. Bone and Joint Surg.* 1934; 16, 185.
4. Parcell S. *Altern Med Rev.* 2002 Feb;7(1):22-44.
5. 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
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Other ingredients: vegetarian capsule (cellulose, water)	

OptiMSM® is a registered trademark of Bergstrom Nutrition.



MSM capsules	Quantity	Order Code
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	360	MSM3
	250	MSM2

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

**Serving size: 3 g (1 scoop)**

**Servings per container: 75**

**Each scoop contains:**

Methylsulfonylmethane	3 g
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MSM powder	Quantity	Order Code
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	8 oz (227 g)	MSMP

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO

<sup>†</sup>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.