

MSM†

Methylsulfonylmethane (MSM) is a sulfur-containing compound that occurs naturally in many foods. Sulfur, the main component in MSM, is the third most abundant element by weight in the body and is important for maintaining joint and soft tissue health. Sulfur is important for the generation of connective tissues, including hair, cartilage and collagen. Sulfur is crucial for the production of amino acids, the building blocks of protein. MSM is an important sulfur donor for several sulfur containing compounds, especially cysteine, which is crucial for the synthesis of glutathione, an important antioxidant in the body.¹¹ Adequate intracellular glutathione concentrations have been shown to mitigate damage caused by excessive free radical formation.¹² Free radicals are molecules thought to be the major cause of cellular aging. *In vitro* studies have demonstrated that MSM is a potent antioxidant and helps modulate cytokine production to support a healthy cycle of inflammation.^{13, 14}

Directions

2 capsules per day or as recommended by your health care professional.

Does Not Contain

Gluten, yeast, artificial colors and flavors.

Cautions

Do not consume this product if you are pregnant or nursing. Consult your physician for further information.

Supplement Facts ^{v3}		
Serving Size 2 Capsules		
Servings Per Container 30		
	Amount Per Serving	% Daily Value
Vitamin A (from 5,000 IU as Palmitate)	1,500 mcg	167%
Vitamin D (D3 as Cholecalciferol)	1 mcg (50 IU)	5%
Folate	680 mcg DFE (400 mcg Folic Acid)	170%
Vitamin B12 (as Methylcobalamin)	100 mcg	4,167%
Biotin	500 mcg	1,667%
Selenium (as Selenium Glycinate Complex)	25 mcg	45%
Methylsulfonylmethane (MSM) (OptiMSM®)	325 mg	*
Saw Palmetto Berry Extract (Standardized to contain 45% Fatty Acids)	320 mg	*
Horsetail (<i>Equisetum arvense</i>) (Aerial Parts)	250 mg	*
Stinging Nettle (Leaves)	240 mg	*
para-Aminobenzoic Acid (PABA)	150 mg	*
Betaine Hydrochloride USP	100 mg	*

* Daily Value not established.



† 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.

References

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