

MSM powder



Product Description

Bottle Sizes:

16 oz. powder

Suggested adult usage:

Powder: 1/2 - 2 teaspoons with water or juice 1- 3 times per day with food depending on severity of health concern.

NOTE: You can take up to six teaspoons per day (approx 30,000 mg.) for three to six weeks for maximum health benefits before reducing to a daily amount of 3,000 to 6,000 mg. (1 teaspoon per day)

You should always build up to larger daily intakes slowly. Don't take too much too soon or you may get headaches, stomach upset, or skin blemishes - all of which may be unpleasant but generally temporary in nature.

1 teaspoon = 5 capsules = 5,000 mg.

Approximate Supply:

16 oz. powder: 37-227 days depending on usage

Are you looking for relief from pain? If so, look no further! MSM can actually help to repair damaged tissue rather than just suppressing pain. It can reduce the pain and discomfort that comes from inflammatory conditions, injuries, or tissue damage.

Fact: **MSM** is a powerful nutrient that although commonly overlooked, plays an essential role in human nutrition and health.

How Does **MSM** Work?

MSM makes the cell walls flexible and elastic. If the amount of **MSM** in the body is too low, new cells lose some of their flexibility and elasticity. **MSM** makes cell walls permeable, allowing water and other nutrients to freely flow into cells and allow waste and toxins to properly flow out, thus improving the health of connective tissue and reducing pain. **MSM** also reduces inflammation and permits the muscles to heal while preventing them from becoming sore.

Hope For Health **MSM** can help:

- Relieve pain and inflammation.
- Reduce or eliminate muscle cramps.
- Reduce or eliminate pain from chronic conditions.
- Improve suppleness of skin and shininess of hair.
- Help to reduce wrinkles associated with aging.
- Increase alertness and ability to concentrate.
- Improve mood.
- Beautify and strengthen nails, making them less prone to cracking and splitting.

Fact: **MSM** is organic sulfur, a vital component in the formation of keratin, collagen and elastin, giving flexibility, tone and strength to our muscles, bones, joints, internal membranes, skin, hair and nails.

If you would like to beautify your skin, increase the glossy, healthy look of your hair, and strengthen your nails, **MSM is the answer you've been looking for!**

Fact: Almost 50% of Americans seek treatment for pain each year; Over 150 over-the-counter medications, known as non-steroidal anti-inflammatory drugs, line store shelves, all promising temporary pain relief. These same medications have been associated with the following side effects: stomach pain, heartburn, stomach ulcers, gastrointestinal bleeding, headaches, dizziness, and even liver or kidney problems. Medical authorities continuously caution physicians and patients against their repeated use. Still, each year in the U.S. more than 100,000 deaths and 1.5 million hospitalizations in the U.S. are linked to over-the-counter pain medications.

Natural and effective alternatives do exist!

Amazing **MSM** Facts:

- People who suffer from chronic pain have reported up to 80% less pain and inflammation when taking **MSM** on a daily basis.
- **MSM** has been used over and over again for the relief of general pain, joint and muscle pain, and even head trauma!
- **MSM** reduces swelling that causes pain. It is so effective that doctors are often able to reduce or eliminate pain medication for patients with chronic pain.
- **MSM** has anti-inflammatory and pain-reducing properties, and can block the pain response in nerve fibers. • Studies have shown that **MSM** is a safe and effective anti-inflammatory agent. It may also contribute to the integrity of joint cartilage and other connective tissue.

SUPPLEMENT FACTS		
Serving Size: ½ teaspoon (2g)		
Servings Per Container: 227		
Amount Per Serving		%DV
MSM (Methylsulphonylmethane)	2000 mg	*
*Daily Value not established.		

**These statements have not been evaluated by the FDA. This product is not intended to prevent, diagnose, treat, or cure any disease.*