

# MSM PLUS™

Supports Healthy Connective Tissue<sup>◇</sup>



**What can I take to promote healthy connective tissue?** As a dietary supplement, MSM Plus represents a highly bioavailable source of sulfur, a mineral element critical to the normal function and structure of the body.<sup>◇</sup> This mineral is needed for the manufacture of many proteins rich in sulfur-containing amino acids, including collagen (the primary protein of connective tissue, skin, hair, bones, and teeth) and insulin. Sulfur is also a component of bile acids, and therefore contributes to fat digestion and absorption.

MSM stands for methyl-sulfonyl-methane. This sulfur compound occurs naturally in food, milk, rainwater, and is found in human blood and urine. Though its precise functions in the body are not well understood, its concentration in all mammals decreases with increasing age. As a dietary supplement, it represents a highly bioavailable source of sulfur, a mineral element critical to the normal function and structure of the body.<sup>◇</sup> In the body of a 150 pound individual, there are 1.5 pounds of sulfur. Most of the body's sulfur is contained in the sulfur amino acids—methionine, cysteine, cystine, and taurine, as well as the important cysteine containing antioxidant peptide known as glutathione. The vitamins thiamine, biotin, and pantothenic acid are also sulfur containing compounds. This mineral is needed for the manufacture of many proteins rich in sulfur containing amino acids, including collagen, the primary protein of connective tissue, skin,

hair, bones, and teeth, and insulin. Sulfur is also a component of bile acids, and therefore contributes to fat digestion and absorption.

MSM Plus is an all-natural, fine food grade of MSM designed specifically as a human dietary supplement. This is combined with citrus bioflavonoids and the proprietary PhytoZyme® base as well as the trace mineral molybdenum, which is crucial to sulfur metabolizing enzymes, to provide phytonutrients, minerals, and enzymes as synergistic co-factors. MSM is a readily useable source of dietary sulfur, which, despite being a mineral that is quite abundant in the body, is one on which relatively little biological research has focused.

MSM is a metabolite of DMSO, the famous garlic-oyster smelling substance introduced into medicine by the pioneering work of Stanley Jacobs M.D., a transplant surgeon at the Oregon Health Sciences University in Portland, Oregon,

and director of the DMSO clinic there. DMSO is derived from plant lignins; it has been the subject of more than 55,000 scientific studies worldwide. It is now used by health care professionals in 125 countries. When DMSO enters the human body, about 15% of it is transformed into MSM by the addition of one oxygen molecule. MSM derived from DMSO has been found to remain in the body for up to 2 weeks. Unlike DMSO, MSM has no odor. Scientific studies with MSM containing radioactively labeled sulfur have shown that when MSM is fed to animals, the sulfur from MSM is incorporated into sulfur amino acids found in the blood.

Although very few controlled scientific studies have been done with MSM, word of mouth has made it a very popular dietary supplement. MSM is one of the safer nutrients known—tests in animals show that it takes more than 20 grams per kg. body weight, about the same level as water, to cause problems (this

would be about 3 pounds of MSM for an average sized person). Many people have reported that taking 7 to 10 tablets of MSM before and after athletic workouts led to a significant reduction in the sensations of muscle overuse so common to sports and fitness training.

Based on the experiences many people have had with MSM, it would appear that many people today have a need for sulfur, at least in the form contained by MSM, that is greater than their diets are providing. The only way to find out if you are one of them is to try MSM for 2 or 3 months

and see if you can feel the difference. Since MSM supports healthy joints and connective tissue, healthy immune function, and healthy cleansing processes, it is a dietary supplement that many people have found useful, and it may surprise you!◊

REFERENCES:

1. "MSM: DMSO After 20 Years. Stanley W. Jacobs and Robert Herschler." <http://www.trecc.com/doc/msm28.htm>

<b>Supplement Facts</b>		
<b>Serving Size / 4 Tablets</b>		
<b>Servings Per Container / 60</b>		
<b>Amount Per Serving</b>	<b>% Daily Value</b>	
Calories	13	
Molybdenum (as Sodium Molybdate)	17 mcg	38%
Methyl Sulfonyl Methane (MSM)	2500 mg	*
Lemon Bioflavonoids	67 mg	*
*Daily Value not established		

INGREDIENTS: Methyl Sulfonyl Methane (MSM), Stearic Acid, Microcrystalline Cellulose, PhytoZyme® proprietary blend (Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Carrots, Broccoli, Pea, Banana, Cantaloupe, Lima Beans, Mango, Pumpkin, Spinach, Tomato, Cauliflower, Orange, Papaya, Sweet Potato, Asparagus, Beet, Green Bean, Snow Pea, Blueberry, Chili Pepper, Cranberry, Cucumber, Guava, Grapefruit, Kale, Lemon, Maitake Mushroom, Peach, Pineapple, Watercress, and Zucchini), Lemon Bioflavonoids, Silica, Magnesium Stearate, and Sodium Molybdate.

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Formulated in the exclusive PhytoZyme® base of plant enzymes for bioavailability and over 30 synergistic fruit, vegetable and herbal concentrates for "extra" phytonutrient cofactors.

As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

Allergy Information: This product is processed in the same facility as products containing fish, shellfish, soy and dairy.

This product was not tested on animals.

Suitable for Vegetarians.

**DIRECTIONS:** Take four tablets, two times per day. Keep container closed and store in a cool dry place.

◊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.

Lifepilus International • P.O. Box 3749, Batesville, Arkansas 72503 • 800-572-8446 • [www.lifepilus.com](http://www.lifepilus.com)

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