



MSM-750

- Don't mask pain, make it go away.
- Get pain relief - not pain suppression!
- Trade pain for more energy and a better sense of well-being
- All this from MSM-750

How does MSM, (methylsulfonylmethane) provide major pain relief?

- it inhibits pain impulses along nerve fibers
- it increases the blood supply
- it softens scar tissue
- It reduces inflammation
- It reduces muscle spasm
- It relieves allergy symptoms

There are additional benefits to using MSM. The most noticeable effect is that one has more energy; thicker hair and stronger nails. Many people with chronic pain experience sluggish bowels and/or constipation. MSM stimulates the bowels to move waste and toxins out of the body faster.

MSM is one of the most powerful antioxidants. It has anti parasitic properties. It plays a role in collagen synthesis. It speeds healing of musculoskeletal injuries and inflammation. *It has an important role as a methyl donor.*

Many doctors recommend starting at 1500 mg (2 capsules) per day, increasing this by 1 capsule every 4 days, up to 14 capsules per day. There seems to be no advantage to increasing the amount above this. It takes 4 days to stabilize the blood level in order to assess the effectiveness of each increase.

It is recommended that larger doses be taken with meals.

WARNING: High doses of MSM orally may cause gastrointestinal upset, increased stool or minimal abdominal cramping. Temporary minor headaches may occur. If any of these symptoms occur, reduce the level of MSM.

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Supplement Facts: Serving Size: 1 Capsule, Servings per Container: 240

Each capsule contains 750 mg MSM (methylsulfonylmethane). Fractional distillation has been used to remove impurities. Other ingredients: microcrystalline cellulose, magnesium stearate, gelatin.

Suggested Use: 1 or 2 capsules per day or as directed by a health care professional.

The material used is supplied by well respected USA and/or European vendors and it is analyzed for purity and quality.

How Opti-MSM is Supplied:

VMMS M bottles of 240 capsules

Related Product: Opti-MSM Lotion Plus



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*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*