

99% PURE METHYLSULFONYLMETHANE (MSM)

For Horses & Greyhounds To assist Muscle soreness & Recovery

By Dr Joseph Mercola, Be Well Buzz

5 Key Benefits Of MSM

From increasing your energy levels to helping with conditions like allergies and asthma, MSM performs a series of important functions in your body every day. Let's look closely at some of the most important ones.

1. Key source of sulfur

Sulfur is perhaps one of the most important nutrients required by our body as it is present in the amino acids which are in turn the basic building blocks of protein. It also has a series of other healing and preventive properties for the human body. MSM happens to be the best form of sulfur which can be consumed both in the form of food products as well as dietary supplements.

2. Bone and joint care

MSM is a beneficial nutrient for your bone health, helping conditions like arthritis, rheumatoid arthritis and osteoarthritis. Being a calcium phosphate dissolver, MSM helps in breaking up the unhealthy calcium deposits in the body that are the root cause of degenerative diseases. In addition, taking adequate supplements of MSM helps in:

- Improving joint flexibility, • Reducing pain and swelling, • Reducing stiffness
- Improving circulation, • Improving cell vitality,

3. The detoxification effect

MSM considerably increases the permeability of your cells which means that it increases cells capability of flushing out excess fluids and toxins. This mechanism has a very important detoxifying effect, making way for essential nutrients into your system and thereby improving the overall functioning of your cell membranes.

4. Skin and hair care

The sulfur provided by MSM produces generous quantities of collagen and keratin, both of which are vital for healthy hair and nails. In fact, MSM is often referred to as the 'beauty mineral' owing to its ability to add to enhance the thickness and strength of nails as well as hair in a very short span of time. Moreover, research also shows that MSM is quite helpful in the treatment of skin conditions such as:

Psoriasis, Eczema, Rosacea, Dermatitis, Acne, Dandruff,

5. Natural energy booster - We just explained how MSM increases the permeability of our cells. Owing to this increased permeability, these cells then need a lesser amount of energy to deal with the accumulated toxins. Moreover, due to the detoxification, it becomes easier for the body to absorb nutrients, which in turn reduces the amount of energy spent on digestion of your food.

Other benefits

Helps in conditions like asthma, Helpful in allergies, Helpful in maintaining a proper pH balance

Helps cure gastrointestinal issues such as diarrhea, nausea, constipation and hyperacidity

Helps reduce snoring, when taken diluted with 16 percent water content

Helps conditions like cramps, headaches and muscular pain, especially caused by hormonal imbalance

Heals carpal tunnel syndrome, Helps balance your blood sugar level

Reduces overall stress levels

While MSM is stable to extremes of pH and temperature, it volatilizes and turns to gas very easily. It's also very water soluble. So when cooked at high temperatures, it simply wafts off in the steam. That's why it's easily removed during cooking and processing. Pasteurization cuts the MSM content by approximately 50 percent. So, in order to ensure you're getting the most MSM from any food, it must be either raw or as minimally processed as possible.

DAILY DOSES:

Horses in heavy training: 1 tablespoon morning and night in the feed

Racing Greyhounds: 1 teaspoon before and after race

All other working and show dogs: 1 teaspoon before and after events

Available Sizes
500g - 1.5kg



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