

Natural Relief From Sore Muscles and Joints



The combination of MSM with other muscular and skeletal pain-relieving herbs provides synergistically enhanced pain relief. Advanced formulations developed for topical application that have highly penetrating properties are combined with essential oils known for its circulatory, anti-inflammatory and pain relieving properties are appearing on the market every day. MSM is such a product and it is a natural organic sulfur compound.

Sulfur is the fourth most common mineral in the body and is critical for the structure of connective tissues, including those in and around the joints. Advanced topical delivery systems containing MSM in high concentrations is formulated to provide expedient delivery at the desired site of action for fast pain relief. Sulfur is the key to many of the world's therapeutic mineral springs and exclusive spas. These benefits of biologically active sulfur is available in the more advanced high potency topical formulations that contains MSM now available on the market.

To understand MSM, some background information is necessary. MSM is a "naturally-occurring nutrient found in normal human diets" ⁽¹⁾. It gets into the diet through the sulfur cycle. Ocean plankton release sulfur compounds which rise into the ozone where ultra-violet light makes MSM and DMSO. DMSO, dimethyl sulfoxide, is a precursor to MSM. MSM and DMSO return to the surface of the earth in rain ⁽¹⁾. Plants concentrate MSM and return it to the earth and the sea. Evaporation into the air results in their return to the earth ⁽¹⁾.

MSM has a unique action on body tissues. It decreases the pressure inside the cell. In removing fluids and toxins, sulfur affects the cell membrane. MSM is an organic form of sulfur, whereas sulfites in foodstuffs are inorganic, "sulfur is present in all cells" and is in the form of "organic compounds throughout the body".⁽²⁾ However, sulfur can be found in the body in sulfate forms. It forms sulfate compounds with sodium, potassium, magnesium, and selenium. MSM a member of the sulfur family and should never be confused with sulfa drugs to which some people are allergic.

Other properties of MSM include its critical role in the **production of energy in every cell of the body**, it **aids in circulation, increases tissue oxygenation by restoring flexibility and permeability of cell walls.**

It is **effective in relieve of leg and back spasms or cramps** after long periods of inactivity or in athletes such as runners or cyclists who experience **cramps during the participation in their sport**. It helps because **lactic acid and toxins are allowed to flow out, while nutrients are permitted to flow into cells.**

It further **decreases scaring by altering cross-linked collagen resulting in scar tissue.**

Application of the topical MSM to the affected area is only possible if it is dissolved and in high concentrations, due to its high concentration some crystals may form, but it will absorb quickly into the skin if hands or skin is slightly wet.

For any further information contact:

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Good Advice for Topical MSM products

- Only the topical MSM products that state the **actual concentration of the MSM and all the other ingredients in the product can be trusted**. An established company that you can be sure will stand by its products will list these concentrations. Be wary of companies making “miracle” “contains MSM” and other hyped claims, without the disclosure of the actual content of the product.
- There will not be any of the possible health risks or interactions with other medications as described for oral MSM.
- Why not get the pain medicine right to the joint that hurts - and avoid unwanted systemic side effects from Prescription or over-the-counter capsules and tablets? There are now a product available that can be applied at the place where the pain is and can just do that.

MSM products is not intended to treat or prevent any medical condition. It may be effective to relieve pain caused by:

Arthritis:

- Improved the chemical profile of arthritic patients (e.g. providing relief from pain and stiffness).
- Reduced swelling and inflammation
- Reducing or eliminating hypersensitivity problems associated with oral medications (such as nonsteroidal antiarthritic agents).
- Pain Associated with Systematic Inflammatory Disorders
- Individuals presenting signs and symptoms of pain and inflammation associated with various musculoskeletal system disorders reported substantial and long lasting relief while including MSM in their daily diet.

Muscle Cramps / Other:

- Muscle cramps, Muscle spasms, Night leg cramps, Leg and back cramps after long periods of inactivity or in Athletes such as runners who experience cramps during the participation in their sport.
- Migraine sufferers have obtained substantial relief with MSM, when applied to neck muscles and temples.
- Pain associated with Bruises, Skin Problems, Carpal Tunnel Syndrome, Varicose Veins, Tendonitis, Burns and Sunburn.

1. *Total Health*. 1998. "MSM". Feb/Mar, Vol., 20 No. 1. pp. 30-31.
2. Williams, S. 1997. *Nutrition & Diet Therapy* (8th ed.). Academic Press, NY, NY
3. Jacob SW, Appleton J. *MSM-The Definitive Guide* (Topanga, Freedom Press, 2003) [ISBN 1-893910-21-0](#)
4. Pearson TW, Dawson HJ, Lackey HB. Natural occurring levels of dimethyl sulfoxide in selected fruits, vegetables, grains and beverages. *J Agric Food Chem* 1981;29:1019–21. [PMID 7309994](#)
5. Jacob SW and Herschler R. Introductory remarks: dimethyl sulfoxide after twenty years. *Ann N Y Acad Sci*. 1983;411:12-17.

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