

*Methyl sulfonyl methane (MSM) can promote the elasticity of skin and connective tissue, support many anti-inflammatory processes and muscle function.*

### Basics:

Methyl sulfonyl methane (MSM) is a natural, organically bound sulphur. It is found in low concentrations in the fluids and tissues of the human body. MSM is exceptionally bioavailable and an essential dietary ingredient. Sulphur is a crucial building block of enzymes and immunoglobulins; it is also important for the maintenance, formation and nutrient balance of connective tissue, hair and nails.

MSM is found in almost all foods (milk, fruit, vegetables, cereals, meat, fish, etc.), but is often destroyed by excessive heating. Unfortunately, the MSM content also decreases continuously in plants due to modern agricultural techniques. For people who do not value consuming milk and untreated food, an adequate supply of sulphur makes sense. Sulphur compounds have also been used for many years as antibiotics (sulphonamides) to fight bacterial infections.

**Skin, hair and nails:** MSM can promote the elasticity of skin and connective tissue. A cream containing MSM can also help to improve the elasticity and suppleness of the tissue and thus increase the quality of life.

**Muscles:** MSM can also have a positive effect on the muscles. Therefore, it is often used by athletes and in sports medicine.

If the absorption of MSM through the diet is not sufficient or there is an increased need, this nutrient can be supplemented through special food supplements.

### Ingredients:

#### One capsule contains:

500 mg Methyl-sulfonyl-methane

**Other ingredients:** Rice Flour

The product is vegetarian, gluten-free, lactose-free, not genetically modified.

Capsule shell vegetarian.

### Recommended consumption:

In normal cases take one capsule daily with plenty of fluid.

### Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.

The published information is not a cure and is not intended as a request or suggestion for selfmedication.

Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as "not yet sufficiently proven" by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described herein has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease."

Errors and typographical errors excepted. VBX-1-24

#### MSM-Product groups



Bones and Joints



Pain and Inflammation



Skin and Hair



Stomach and Intestines

Manufacturer



**VitaBasix**

by LHP Inc.

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