

SOURCE



NATURALS®

Strategies for Wellness™

# MSM

*Methylsulfonylmethane:  
Nature's Source for  
Dietary Sulfur*

*Sulfur is an important component of our body's proteins. It is present in our hair, skin, nails and tendons, and plays a critical role in maintaining the integrity and elasticity of connective tissue. And now this vital nutrient can be obtained from a natural, bioavailable source.*



*MSM, or methylsulfonylmethane, is a naturally occurring form of organic sulfur. Though present in dietary sources such as milk, eggs, fish, fruits, vegetables, grains and lean meat, MSM may be lost as a result of over-processing and heating – a particular problem in the modern diet.*

*That's why Source Naturals created MSM. Taking MSM throughout the day helps to replenish the body's supply of assimilable sulfur.*

Visit our web site at: [www.sourcenaturals.com](http://www.sourcenaturals.com)



## Sulfur Helps Maintain the Integrity of Connective Tissue

Sulfur is found in proteins throughout our bodies and is vital to our connective tissues. It must be present in the body in correct balance to keep our tissues elastic and free.

Sulfur in our bodies is a major constituent of the glycosaminoglycans, or GAGs. These large, spongy, water-holding molecules are long chains of amino sugars, including chondroitin sulfate. They form the gel-like matrix of the ground substance of our tissues, especially in connective tissue, such as tendons, cartilage, skin and bones. These "gels" are the glue that holds us together.

Glycosaminoglycan chains fill most of the space between our cells, providing mechanical support to tissues while still allowing the diffusion of nutrients, metabolites and hormones between the blood and tissue cells. The gel-like matrix, together with its GAGs and structural and adhesive components (collagen and elastin), forms the architectural framework of the body.

Dietary sulfur is related to the production of GAGs. This is especially important during growth and development, and when connective tissue metabolism becomes active for support of healthy tissues.

Sulfur also is needed for amino acid metabolism and hormone synthesis, and is a key factor in the body's natural

defenses. It is a component of important sulfur amino acids, including methionine, cysteine and glutathione.

## Vitamin C for Additional Joint Support

Source Naturals has added vitamin C to its MSM tablets because C also is crucial to connective tissue. Vitamin C was first identified as essential because of its role in preventing the classic deficiency disease, scurvy. Scurvy is the total breakdown of collagen, the connective protein that binds tissue together. Although scurvy is rare today, vitamin C still is associated with support for joint function.

## Over-Processing & the Modern Diet

We *should* be able to get sufficient MSM from our diets. It is a naturally occurring form of organic sulfur found mainly in protein-rich foods, such as eggs, fish and lean meat. However, today's over-processed American diet may provide low amounts of sulfur. In this situation, supplementation may be advisable.

## MSM: A Versatile Nutrient

Because sulfur is vital to all our body tissues, MSM is a versatile nutrient with a wide range of uses. Source Naturals offers MSM in a 750 mg potency with 125 mg of vitamin C added per tablet. It is sold in 60, 120 and 240-tablet bottles. MSM also is available in a high-potency powder, in 4 oz and 8 oz containers.

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The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.