

Please Take One!



SUPPLEMENT OF THE MONTH: MSM

What is MSM?

MSM (Methylsulfonulmethane) is a chemical naturally found in plants and animals which can be taken orally or topically for pain management. MSM may work because it supplies sulfur which is used to make other chemicals in the body.

What are the benefits?

MSM is used to treat chronic pain, osteoarthritis, inflammation, and muscles cramps. It has been shown to be effective in treating hemorrhoids, rosacea, and exercise-induced stress. Some people take it to eliminate scar tissues, stretch marks, hair loss, and wrinkles. It is also used for wound healing. Others use MSM to treat snoring, allergies, chronic constipation, PMS, obesity, high blood pressure, high cholesterol and cancer.

Are there interactions with food or medications?

None known.

Are there side effects?

Some people may experience nausea, diarrhea, bloating, headache, fatigue, insomnia, and difficulty concentrating. Women who are pregnant or nursing should consult a physician before taking MSM.