

# Methyl Sulphonyl Methane

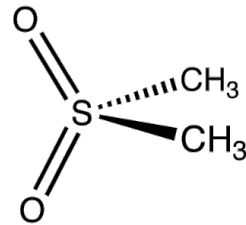
CAS 67-71-0

**MSM** is organic sulfur, which occurs naturally in the body.

Sulfur is found in every cell of the body and is structurally and functionally important to a number of hormones, enzymes, antibodies, and antioxidants.

In the body, the highest concentrations of MSM are found in breast milk, which helps infants to build a strong immune system.

Figure 1 Chemical Structure MSM



MSM is present in meat, fish, eggs, poultry, milk, grains, legumes, fruits, and vegetables (especially asparagus and cruciferous vegetables).

Because MSM is lost in food processing and storage, dietary sources may not offer enough MSM for therapeutic impact.



Some studies have found that MSM may be beneficial to people with **osteoarthritis** and **rheumatoid arthritis**, however this use of MSM is not clinically proven.

Several animal studies have found that MSM appears to protect against cancer, however these findings have not been replicated in human studies.

At moderate levels, MSM helps to maintain healthy skin, nails, and hair.

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