

MSM FAQ

What is MSM?

MSM is an organic sulfur compound. It is contained naturally in the food or it should be, but often it disappears or is significantly reduced because of the over processing done.

How much MSM should I take?

Best to start with between 500 mg daily. This for about one week and then rise to 1000 mg daily and take this for a week. Go on like this for several weeks adding 500 mg at one time, until you are taking 10 gr daily. This will makes up for the years of deficiency that your body has experienced. Then reduce the amount to a maintenance level for whatever works for you. This is a balance between addressing what you want to address and being able to sleep as well as you would like at night. For most people the maintenance level is between 1 and 2 teaspoons (4000 to 8000 mg) per day. Always drink LOTS of water when starting on MSM or when increasing the amount you are taking.

How many milligrams of MSM are in a teaspoon?

There are about 4000 mg (or 4 grams) of MSM in a measured level teaspoon.

I've heard about patented MSM. Is yours patented? What are these patents?

The patent issue is currently a hot topic as one manufacturer (Cardinal Nutrition) pays royalties to MSM Investments Company, LLC which is the current patent holder, and the other (Carolwood Corporation) does not, claiming that the existing patents have either expired or are invalid (and won a court case in August 2001 in that regard). Note that neither manufacturer is the patent holder. A list of the patents and their full text is [here](#).

What is detox?

MSM enables your cells and tissues to release toxins that have built up over the years. Apparently sulfur is a vital part of our waste

management system, and if we have not had enough of it our bodies were not able to release some of the waste substances. If you take too much MSM, your body will release too much waste at one time for your kidneys and liver to handle. This waste in your blood stream can cause all kinds of problems ranging from flu-like symptoms to re-experiencing the effects of drugs that you have taken in the past. For example, heavy caffeine users may feel extra-jittery. The key to reducing or eliminating detox symptoms is to start on MSM slowly so that the waste in your tissues is released slowly and to drink lots of water so that the released toxins will be flushed out of your body quickly.

What do I do if detox symptoms happen anyway?

If the symptoms are not bad, you may just want to tough it out. They should go away in a few days. Be sure to increase your water intake-- for most people this would be double the amount of water that they normally drink. If the symptoms are severe, cut back on the MSM and take baths with water hot enough to make you sweat, but not so hot that you might pass out. Limit the baths to 20 minutes in length. You may find it helpful to add ONE of the following to the bath water and perhaps alternating between these items for different baths: a cup of vinegar, a cup of baking soda, a cup of epsom salts, a half cup of chlorine bleach. These substances each help leach out different toxins through your skin.

Is MSM the same as DMSO?

Although they are related, MSM has one more oxygen atom than DMSO does and that difference makes it a significantly different substance. Another example of a difference of adding an oxygen atom can be seen by comparing carbon monoxide (a deadly gas) with carbon dioxide (a harmless gas).

I have arthritis. What works?

In *The Miracle of MSM - The Natural Solution for Pain*, the doctors that wrote the book used MSM in their medical practices for arthritis patients. They found that when MSM was combined with 1500 mg of

glucosamine each day that it provided more pain relief than either the MSM or glucosamine alone. They did not find that chondroitin provided substantially any more relief. However, a recent article in a popular consumer magazine cited several studies where both glucosamine and chondroitin were found to provide substantial benefits when used alone. There is currently a major study being conducted to see if both glucosamine and chondroitin combined provide more benefit than either one alone. One of the glucosamine studies found measurable differences in the x-rays between the glucosamine group and the control (non-glucosamine) group which provides much more subjective evidence that glucosamine produces substantial benefits to those taking it. Again, remember that in clinical use it was found that MSM and glucosamine used together provided the most relief.

Where does MSM come from?

MSM is a naturally occurring, sulfur containing organic compound found primarily in fresh fruits and vegetables and in every cell of the human body. The highest natural concentration of MSM is found in mammal's milk. MSM is an organic compound and commercial MSM is a pure, simple molecule that is indistinguishable from a molecule of MSM found in nature. MSM is derived from DMSO. MSM occurs when DMSO is oxidized. MSM is a naturally occurring compound found in significant amounts in nerve tissue, skin, hair and joints.

Why use MSM instead of DMSO?

DMSO causes some side effects such as reddening and itching of the skin, nasal congestion, shortness of breath, excess intestinal gas, and allergic reactions. DMSO has a strong sulfur odor resulting in a garlic smell. None of the side effects are dangerous just unpleasant. MSM is safe and odorless and does not have the side effects as DMSO. However, one property of DMSO when applied externally acts as a powerful carrier for other substances, including toxic ones. These substances are carried into the body through the skin and mucous membranes, where they can do damage. DMSO is sold from commercial outlets mainly for industrial and animal use only and should always be

handled with care.

What happens if my body does not get enough sulfur?

Sulfur is found naturally in the human body. Sulfur is stored in every cell of the body. Your body won't be able to repair or replace damaged tissue fast enough. If this occurs, the body compensates by producing abnormal cells that may lead to illness and disease. You will also experience a sensitivity to pain. Sulfur deficiencies are also associated with gastrointestinal problems, a poor immune system, arthritis, and rheumatism, memory loss and acne. It can also lead to brittle nails and hair, dermatological problems and dry skin.

What are the available forms of MSM?

MSM comes in forms of capsules, crystals, flakes, powder, tablets, lotion and gel.

How much MSM should I take and in what form?

You should take whatever form is convenient for you. You should always take the least possible amount of msm that gives you the relief you desire. Drink lots of water with msm. For first time users of MSM, it is better to take with meals to help prevent heartburn. First time users start at a low level and build up. Try 500-1000 mg (eighth to a quarter teaspoon) per day. Take it for that way for one week then increase it another a little more. Once you have taken it a long time you will be able to take it without food. The recommended dosage is 2,000 to 6,000 mg. per day. Please be aware that a single dose of MSM will not help! The recommended dosage for a person weighing 150 lbs. should begin by taking 1/2 teaspoon once in the morning and midafternoon. **MSM needs to be taken for at least 1-2 weeks or even up to two month before you may see results.** When MSM is taken by mouth with meals whether it be capsule, crystal, flake, powder or tablet form, the body will distribute MSM where it is needed. The precise dose of MSM is not really that critical. For the first week or two, larger doses of MSM may be needed to compensate for an extreme deficiency and depending on your situation . For general maintenance start out slow, take 1/2

teaspoon 2-3 times a day. then take more each day until you build up to 6,000 mg. Then once you see improvements continue same dosage for about 1 month, then reduce intake as general maintenance (1/2 teaspoon 2-3 times a day). It works for me! Good luck! Remember taking large quantities of msm is not always necessarily better. I never take over 2 scoops that come in the msm container per day just because my body doesn't require more than that.

Is sulfur the same as sulfa drugs and sulfites?

No. Organic sulfur is a nutrient, a necessary part of natural chemical processes in the body. It should not be confused with sulfa-based drugs or sulfites, which are forms of inorganic sulfur. Sulfa drugs are synthetic, meaning that they do not occur naturally. They are used for the purposes as antibiotics, which in some people cause allergic reactions.

How does MSM help the skin?

MSM is great for your skin if you have acne. MSM acts to keep the skin's cells and the tissue soft. Keeping the skin soft ensures that it remains elastic enough to allow stretching and movement without damage. Smooth, flexible skin is less prone to wrinkles and dry flakiness. It even helps stretch marks. MSM benefits the skin and internal organs.

How does MSM help your hair and nails?

Sulfur helps the body to form keratin, the protein that makes up the main part of the outermost layers of your hair and nails. It is a tough, fibrous protein that is very resilient to the effects of damaging chemicals and other harmful agents. Each strand of hair has its own keratin supply, which is stored in the root. Sulfur is also contained in biotin, a B vitamin that is essential for shiny hair and strong nails. You may be interested to know that the natural inclination of hair to be straight or curly is maintained in part by the sulfur amino acids. MSM benefits dry scalp and hair and improves nail growth and benefits your cuticles and nails. My nails are nice and strong now along with being

whiter!

How does MSM help with allergies?

Allergies are reactions set off by a breakdown in the normal functioning of the body's immune system. When this happens, a varied range of symptoms are manifested, including sneezing, runny nose, watery eyes, headaches, and sleepiness, other reactions include hives, stomachache, and sore throat. MSM goes straight to the cause of allergic reactions. In this website you learned that MSM softens the skin. It does this by softening the walls of the body's cells, which are then more easily penetrated, allowing enemy substances to be flushed out. Flushing these allergens out of the body eliminates the need for the body to react allergic ally to get rid of them. This process cannot happen when the cell walls are hard and impenetrable. MSM prevents allergic reactions by coating the gastrointestinal tract in a way that makes allergen bonding impossible. Research has shown that daily doses of MSM have substantially increased resistance to environmental, food, or drug allergens.

How does MSM help with parasites?

MSM has proven to be a very effective treatment for parasites. Research shows that MSM works by laying a coating over the intestinal areas where some types of parasites normally attach themselves. This coating makes it impossible for parasites to attach themselves to your body. Since they are not attached to your body, the parasites are simply flushed out of your system through the process of elimination. MSM can be used against worms, giardia, trichomonas, and other types of parasites. Making sure that you have an adequate daily intake of MSM can help to ensure that the parasites do not have a chance to make themselves at home inside your body. MSM has the ability to return the parasite susceptible tissue to normalcy with no impairment or injury to host. MSM has an alleviating or curing effect on a variety of parasitic systemic microbial infections.

How does MSM help with constipation?

MSM has been shown to bring prompt relief for chronic constipation.

How does MSM help with heartburn and ulcers?

Stomach acid is used by the body to breakdown food during digestion. The stomach lining releases a form of acid known as hydrochloric acid, which is necessary for the digestion of proteins. Standard treatment for heartburn involves the use of antacids and other products that neutralize hydrochloric acid. These may give temporary relief by counteracting the effects of hydrochloric acid, but a reduction in hydrochloric acid can in turn lead to indigestion and poor absorption of nutrients. Overuse of antacids can destroy the body's natural acid/alkaline balance, while neutralizing the excess stomach acid. MSM will allow patients with peptic ulcers and chronic heartburn to experience fewer symptoms.

How does MSM help alleviate pain?

When the body's cell walls are supple, fluids can easily pass out of the cell, resulting in equalized pressure inside and outside the cell. It is the difference of pressure that causes pain and inflammation. By equalizing the pressure, MSM helps to reduce pain and inflammation. MSM can relieve post-athletic fatigue along with relieving muscle pain and cramps.

How does MSM help with arthritis?

MSM brings relief to arthritis sufferers not by dulling the nerves so that pain cannot be felt, but by mending some of the damage that causes arthritic pain. The two main forms of arthritis are rheumatoid arthritis and osteoarthritis. Both conditions cause pain, stiffness, and, sometimes complete deformation of the joint. Osteoarthritis usually effects one joint at a time, gradually destroying the cartilage. Rheumatoid arthritis, attacks the whole body at once and is accompanied by swelling. The conventional treatment for arthritis is nonsteroidal anti-inflammatory drugs such as ibuprofen or naprosyn, and only provide temporary relief. Sometimes these drugs can cause unpleasant side effects and can cause stomach upset or stomach bleeding. Studies have shown that taking glucosamine, a sulfur

dependent compound, which plays an important role in the formation of ligaments, tendons, and other membranes, is more effective in the treatment of arthritis. So taking MSM supplements with glucosamine can enhance the health benefits of glucosamine.

How does MSM help with cancer?

MSM can change a cancer cell into a non malignant cell. Studies have shown that MSM slows the growth rate of cancerous tumors. MSM does not prevent cancer but it will delay the disease. There is still much to learn about msm and cancer but at least you can increase your life span by at least 10 years if you take msm to aid in the prevention of cancer.

How does MSM help diabetics?

MSM has been shown to be effective in the treatment of diabetes, which occur when the body produces or uses insulin inefficiently. Sulfur is an important component of insulin, a hormone produced in the pancreas to metabolize carbohydrates. Without sulfur, the body cannot produce enough insulin, leading to excess blood sugar, so MSM may be an especially important supplement to include in your diet. **Diabetics should not take glucosamine for it contains sugar.**

Is MSM safe for my pets?

Horse trainers give MSM to their racehorses before races to prevent the buildup of lactic acid in muscles, which causes stiffness and cramps after exercising. Use of MSM to your pets can enhance their overall health. They will acquire attractive glossy coats, and strong toenails.

What does MSM do for the body?

MSM detoxifies the body and increases blood circulation. MSM plays many different, but equally essential roles in the human body. MSM is a required structural mineral for healthy hair, skin, and nails. MSM is also necessary to help maintain the flexibility and elasticity of most all bodily tissues and is needed to maintain cell membrane permeability. Proper permeability allows cells to absorb nutrients and

expel waste. MSM supports sulfur-containing amino acids such as methionine and cystine which are necessary for the healing and repair of most bodily tissues especially skin, blood vessels, organs, and joints. Because there are few nerves in the bones, our pain comes from soft tissue. Aspirin shuts off the nerves, but the muscles are still damaged. MSM takes out the inflammation, permits the muscles to heal and prevents them from becoming sore. MSM is a free radical scavenger, so allergies to food and pollens will go away. MSM also prevents overreaction to other medicines.

Can I take MSM while breast feeding?

Most definitely! Breast milk is a good source of MSM, so it is not a foreign substance. Only food. There are some doctors who will advise against you taking MSM while breast feeding because they are uncertain of MSM and are cautious about everything. There are some doctors who will tell you it won't hurt your child. Your child's hair and nails will grow and become healthier, their immune system will be much stronger. If it seems to present a problem just discontinue taking it until after breast feeding. If concerned always check with your healthcare professional.

Is it safe to mix MSM with other prescribed medications?

MSM has been observed in clinical settings some indications that it may have a blood-thinning, aspirin like effect on platelet aggregation. Therefore, you should consult your doctor if you are taking high doses of aspirin, or blood-thinning medication such as heparin or dicumarol.

What is the difference between taking MSM flakes, capsules versus MSM powder form versus MSM tablet form?

Studies have shown people receive better results from taking MSM in the powder, crystal or flake form rather in the table form. Any form you take of MSM (meaning capsule, crystal, flake, powder) will be helpful. Tablets would be my last choice due to the fact they take the longest to digest because they come compressed which takes longer to dissolve in the stomach. A lot of people prefer to carry capsules to

work just because it is more convenient.

Does MSM help with mental alertness? Yes, MSM has been shown to increase alertness, reduce mood swings, and lessen depression. MSM has been shown to relieve mental depression within hours after taking it rather than days.

Does MSM help people with migraines?

Studies have shown that migraine sufferers have been known to get substantial relief from taking MSM by taking it on a daily basis.

What is the dosage breakdown for teaspoons per grams and mg.

Arthritis MSM scoop inside our jar is 12 grams per one tablespoon, 6 grams per 1 teaspoon.

Level kitchen teaspoon = 5 grams (5,000 mg.)

Is it safe to take Glucosamine with MSM?

Yes they work well together. Glucosamine plays an integral role in the formation of ligaments, tendons and is more effective than NSAIDs.

Glucosamine makes cartilage strong, healthy and resilient.

Glucosamine reduces inflammation, and studies show glucosamine to have no known side effects. Glucosamine also contributes to the growth of new cartilage. But keep in mind that glucosamine is a charged sugar molecule and if you are a diabetic you must watch your sugar intake.

What does MSM actually do?

MSM keeps the glands properly balancing your bodily functions, in order for diseases and illnesses to keep it from starting its degeneration process.

Is it safe to take MSM during pregnancy?

Clinical experience indicates that MSM is safe for pregnant women. But my preference is that pregnant or nursing women should not take MSM unless otherwise advised by their physician. MSM causes rapid detoxing which causes toxins, which have been stored up to flush through into the bloodstream and cardiovascular system. MSM itself

is not harmful, but the toxins flowing through the system can be too strong for an infant since they are flushing out at a rapid rate. MSM can be continued after the pregnancy term is over and nursing is no longer occurring. Always consult with a doctor before taking any kind of supplement while pregnant or nursing. It is true that this same concept applies to nursing mothers. The difference is that during pregnancy there is more direct transfer of nutrients (and toxins) from the blood of the mother to the fetus. In lactation, the blood is filtered and the nutrients are then transferred to the milk....making it more dilute.

How much should I take during pollen season to relieve my allergies?

Higher dosages are necessary in order to give you relief from sneezing, runny nose and burning eyes.

What will happen when one takes too much msm?

You may develop minor gastrointestinal discomfort or more frequent bowel movements. If this happens just reduce the amount of msm you are taking. If you take your MSM dosage and divide in into 3 times a day instead of all at once you shouldn't experience this problem.

Why don't doctors recommend MSM?

Very few doctors will because the American Medical Association does not endorse, nor do the Pharmaceutical Companies produce, MSM. This does not mean that there is NO cure for your disease, there certainly may very well be, and it may have existed from the beginning of time itself. This only means that within the politics of the current medical bureaucracy, doctors are instructed to tell you that there in NO cure for your disease.

Are there any food sources of MSM?

Yes there is. MSM occurs naturally in the environment, and is present in rainwater, and is absorbed by plants. Small amounts of MSM are available in fresh fruits, grains, vegetables and even un-pasteurized milk because of the way we process our food. Unfortunately, MSM is

chemically altered and destroyed when foods are processed, heated, or dehydrated. So your most reliable dietary source for adequate MSM intake is through supplementation.

Who can take MSM?

Everyone because organic sulfur is a basic component for overall human wellness, everyone can benefit from supplementing their diets with MSM. Please consult your physician before using MSM if you are pregnant, while nursing or for children under 2 years of age or have heart problems.

Does MSM help whiten the teeth?

As we age our teeth begin to become darker. MSM is starting to appear in toothpaste. Brush your teeth as normal then brush again using msm powder or crystals or flakes. Allow yourself two weeks for a noticeable change.

Does MSM help with snoring?

Tests have shown that MSM in a 16 percent water solution provided a significant reduction in snoring in 80 percent of humans.

How does MSM help with Candida?

We have a yeast that lives in our colon called Candida that keeps bad bacteria out, which lives on the food created by acidophilus. When you take antibiotics it kills the bad and the good bacteria. Your pH then gets out of balance and the Candida gets hungry and starts spreading. When it gets in the vagina, women have yeast infections. When the tongue gets a white coating, that is Candida yeast. When it gets in the ears and the eyes, they change the name and call it thrush. When it gets in the blood stream, they call it chronic fatigue - "an incurable disease". There is no such thing or we would have all died 6,000 years ago. When you digest the food and it goes into the bloodstream, the Candida steals it. So you do not assimilate your nutrition, the glands do not get their vitamins and minerals, so you develop allergies to foods, pollens and fragrances. You also do not have any energy because the Candida is a living organism and digests

food like you do and puts out toxins that are floating in your blood stream. When those toxins are added to your toxins, it can stimulate 80 different diseases that you do not have. When it stimulates strep throat, the doctor gives you an antibiotic and kills the acidophilus, keeping the pH out of balance. It then stimulates pneumonia... the doctor gives you more antibiotics and it then stimulates sinus infection. Every three or four weeks, you have a cold or flu and you feel terrible. This becomes a vicious, painful and costly, cycle. Candida is a living yeast and can turn any bread you eat into blood alcohol. Blood alcohol is a blood sugar. When the body has adjusted to a high blood sugar content and it suddenly drops, you go into a mood swing like a diabetic and feel terrible. So, you crave bread, cookies or alcohol to kick up the blood sugar. Some people can actually eat 4 or 5 pieces of bread and get drunk. This is why bars have so many pretzels, bread sticks and popcorn for their patrons because it satisfied Candida's craving for bread and keeps the blood sugar content high. It makes them feel good. When they are driving in a car they always have cookies, soda pop and candy at hand or when they are watching TV, they surround themselves with junk food. When you take MSM your pH goes normal. Candida cannot live in your body when your pH is normal, except in the colon (where it belongs) so the Candida dies out. This is how MSM cures people of Candida. It makes it possible for an 'alcoholic' to come down off the alcohol in your blood sugar without any of the withdrawal side effects.

Is MSM safe for my child to take?

Most children don't need MSM. Those who are afflicted with ailments such as allergies, asthma or inflammation from juvenile rheumatoid arthritis at an early age can take MSM. Studies have shown that many children have taken high dosages of MSM without any problems.

What is glucosamine?

Glucosamine is an amino acid that is used in the formation of cartilage. It can only be obtained in a combined salt form such as glucosamine hydrochloride or glucosamine sulfate. Glucosamine is usually derived from crab shells. Although no one has been identified as being allergic

to glucosamine, those that are allergic to shellfish should use caution.

What is chondroitin?

Chondroitin is a carbohydrate found in cartilage. It is usually derived from cow cartilage although there are other sources that use shark, chicken, or pig cartilage. It is also available only in a combined salt form as in chondroitin sulphate.

What is Ester-C?

Ester-C is a non-acidic time-release form of Vitamin C that has more bio-availability than regular ascorbic acid. It is more expensive than regular Vitamin C, but has more benefits. Beside having no acid and being time-release, you also get some dietary calcium from it.

Do I have to take Vitamin C with MSM supplements?

You **do not** have to take vitamin C along with MSM supplements in order for MSM to work better. If you are unable to take vitamin C, MSM still works for you. Vitamin C is still a great supplement though and can enhance recovery!

Why is Vitamin C suggested when using MSM?

MSM promotes healing and healing involves forming new cells. Vitamin C is a required raw material in forming healthy new cells. Yes, other raw materials are also required and each of us should be eating properly or taking the proper supplements. A recent study found that at least a quarter of us are deficient in Vitamin C to start with. While this deficiency is not enough to cause scurvy, it did cause several other problems including weak immune systems and fatigue. If we are already deficient in Vitamin C and we need more when we are healing, then most of us need to supplement with more Vitamin C.

How much Vitamin C should I take?

We recommend taking 1000 mg for each teaspoon (4000 mg) of MSM taken up to a maximum of 3000 mg of Vitamin C daily.