



Health Matters

by
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As one of the most abundant minerals found in the body, sulfur is necessary for building flexible bonds of protein or amino-acid chains. It helps maintain supple, permeable membranes of collagen found in our joints, nails, skin, nasal passages and eyes.

Sulfur is not stored in the body like calcium, so a constant supply of it is required for proper functioning of these membranes. Sulfur baths have long been revered throughout the world for healing and relieving chronic pain. Now, a readily assimilated sulfur-based molecule is found in a nutritional supplement called **MSM (Methylsulfonylmethane)**.

MSM has been found in studies to be effective in reducing pain and inflammation associated with arthritis and fibromyalgia. It's also known to help quicken and strengthen hair and nail growth, relieve dry, itchy skin conditions and even control symptoms of seasonal allergies. It's available in capsules, powder and topical cream.

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