

MSM 1000mg

(Methylsulphonylmethane) Natural Source

Presentation

An off white oval clear coated tablet.

Each tablet delivers:

MSM (Methylsulphonylmethane) 1000mg

Tableted with:

Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate),
Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
120

type
tablets

code
8517



Uses

The sulphur containing compound, MSM, is seen by many practitioners as the perfect partner to glucosamine. It is a key component of cartilage and plays an important role in joint health. Small quantities of MSM occur naturally in many foods, and it is therefore a source of sulphur in the diet, along with the sulphur containing amino acids found in dietary proteins.

There is no dietary requirement for MSM but several studies have indicated that MSM supplements may be useful for some people as part of a joint care regime as is one of the major building blocks of glycosaminoglycans, a key constituent of bones, teeth and collagen. The organic sulphur compound in MSM appears to have other important properties too, one of which is that it is required for the manufacture of many proteins including those found in hair, skin and nails.

Lamberts® MSM is naturally sourced and each tablet provides a full 1000mg of MSM, making it one of the most potent products on the market. It is also one of the best value MSM products available to practitioners.

Usage and administration

1 to 2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

