



What Is MSM?

MSM (methylsulfonylmethane) helps relieve some of the discomfort brought on by exercising, including helping to support muscle and joint comfort, promoting joint mobility and function and inhibiting oxidative stress.

MSM has been shown to help relieve muscle and joint discomfort and promote healthy muscle structure after exercise.

MSM Benefits

- Helps relieve muscle & joint discomfort after exercise
- Preserves joint mobility & function
- Helps inhibit oxidative stress

Product Details

Methylsulfonylmethane (MSM) provides a vital building block of the cartilage in our joints, and can support protein synthesis for the skin, hair and nails.¹



Promotes joint comfort and health

MSM is well-known as a supplement that supports joint comfort and promotes joint mobility and function, and this has been shown in clinical trials.²⁻⁴ One clinical study even demonstrated that the addition of MSM to the traditional joint health compounds glucosamine and chondroitin resulted in additive benefit.⁵ In preclinical studies it helped inhibit inflammation to promote joint health.⁶

Helps relieve exercise-induced discomfort

Despite its many benefits, exercise also generates oxidative stress. It is important for the body to maintain a healthy free radical balance. In clinical trials, MSM has helped maintain comfortable muscles and joints and promote healthy muscle structure after exercise.

It does this, in part, by defending against the effects of exercise-induced oxidative stress.