

## MSM FACT SHEET

1. What does MSM stand for?

MSM is short for Methyl-Sulfonyl-Methane, a naturally occurring sulphur compound, found in most plants, vegetables, fruits and animals. However, our MSM is synthetically produced, so it is not extracted from any of the naturally occurring sources.

2. But my doctor really isn't interested in alternative therapies and I know that he won't agree with me taking it?

If you would like a doctor's opinion, we can contact our in-house doctor, who is based in Harley Street, and put any questions to him for you.

3. I am taking other prescribed/complimentary medication; do I really need to tell your doctor before supplementing MSM?

Yes, we would always advise informing your doctor of any product that you wish to supplement. Your doctor will need to monitor your health and supplementing another product could contraindicate with your medication.

4. I am taking medication for epilepsy, can I take MSM?

No, as MSM can make seizures worse.

5. I am on blood-thinning medication, can I take MSM as well?

I'm afraid the answer is no, as MSM could seriously affect the medication works. If you would like confirmation we can contact our in-house doctor for you.

6. How long has MSM been around?

It was discovered in the early 1960's.

7. Why should we take MSM?

Sulphur is needed to form crucial blood proteins & amino acids. It provides chemical bonds that hold the molecular structure of these proteins together. It also provides the chemical links needed to form collagen, without these we would be "shapeless", also helps to produce Keratin, which is essential for thick hair and strong healthy nails, the liver to produce bile, a key element in digestion, is essential in maintaining the body's pH balance. MSM plays a part in carbohydrate metabolism, is an activator for Thiamine, Vitamin C, Biotin and Panthothenic Acid.

96% of our bodies are composed of 5 basic elements and Sulphur is one of them, MSM is a special type of dietary Sulphur essential to our health & well-being.

8. I have noticed that you do 2 MSM products, what is the difference between the 2?

The differences between the 2 products, is in how they are manufactured and the strength and number of capsules per bottle. The MSM crystals are sieved through very specific "MESH sizes" giving different grades of the product. The higher the MESH size the more refined the finished product.

9. I am diabetic; can I take MSM?  
People with both types of diabetes can take MSM to help ease pain and inflammation, but you do need to inform your GP and monitor blood sugar levels.
10. How does MSM help Arthritis?  
MSM will not cure arthritis; it simply helps to alleviate the symptoms (i.e pain and restricted movement). It combats pain by producing an analgesic effect acting locally and systemically on the level of C fibres (networks of nerves that carry messages of pain to the brain) slowing down the pain impulses carried to the brain. This is the same kind of way in which Morphine kills pain, and is entirely safe. It also reduces inflammation by inhibiting Fibroblasts. Excess Fibroblasts are produced in the swelling process and MSM reduces them and also binds to fluids in the swollen tissue flushing them out of the body. . MSM also promotes blood flow, which increases the healing process.
11. How does MSM help MS?  
It will not cure or stop the symptoms of MS; it will help only with pain relief and nothing more.
12. How does MSM help Fibromyalgia?  
Again, it helps as a painkiller and benefits sufferers as the pain they experience can be crippling.
13. Will MSM affect my blood pressure?  
Not directly, it doesn't help or hinder blood pressure irregularities. Although we have had reports that some customers suffering with high blood pressure have noticed a decrease since taking the MSM but we think this may be a knock on effect of MSM increasing blood flow around the body.
14. Will it affect my thyroid problem?  
No. MSM may be taken if you have a thyroid condition. Although, as always, we would recommend that you do inform your doctor of your desire to take MSM.
15. How will MSM help my asthma?  
Asthma is an inflammatory condition and MSM will not cure it, but it may help the symptoms. It works in the same way for other breathing & lung conditions, such as emphysema and bronchitis.
16. Will MSM help with my bowel problems?  
MSM can help with constipation and the pain related to it. It can also help in the reverse way for those suffering with diarrhoea and the related aches and cramps will also be affected positively by MSM.
17. Does MSM help scar tissue?  
It can help lessen the scar formation as well as the tissue from existing scars. It normalizes the cross-linking process of the skins tissues. It will not make a scar vanish, but it will look considerably smaller.

18. Will taking MSM affect my heart condition?

No, taking MSM should not affect your heart condition.

19. Can I take MSM with other WWH products?

MSM should not be taken with Asclenol.

### **Ingredients per capsule**

MSM

1000mg

Other ingredients: Magnesium stearate and stearic acid.

Does not contain: Yeast, wheat, corn, soy, milk, sugar, salt, artificial colours, flavour or preservatives.