

MAGOS

... INFO ...

Organic Sulfur



Organic Sulfur (OS) or Methyl-Sulfonyl-Methane (MSM) Info

The organic Sulfur used in MAGOS mineral solutions is fully crafted in the USA (not China or India) by Bergstrom Nutrition and the Pure Organic Sulfur Powder/Crystal are of **ultra-pure, high quality MSM.**

What is MSM/Organic Sulfur ?

MSM is the abbreviation of Methyl-Sulfonyl-Methane and also known as Organic Sulfur (OS). MSM/Organic Sulfur is one of the five basic elements of life, critical to the formation of connective tissue. It further helps provide the flexible bond between cells promoting the growth of healthy new cells, and repairs damaged cells. OS/MSM is a food supplement readily absorbed by the body, which can be applied transdermally as well.

Organic Sulfur deficiency can be associated with slow wound healing, scar tissue, brittle nails, brittle hair, gastrointestinal problems, inflammation, lung dysfunction, immune dysfunction, arthritis, allergies, acne, and other skin conditions.

Therefore, Sulfur is an important nutrient for the maintenance of healthy organs, joints, tendons, ligaments and other connective tissue.

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MSM/Organic Sulfur Benefits

> **Cell wall Permeability and Detoxification:** One of the most important features of MSM is that it makes your cells more permeable. MSM softens the cell walls, providing an exit for toxins and waste products to be washed out of cells, whilst opening a gate for essential nutrients and hydration to the cells. MSM has a remarkable ability to break up the bad calcium that's at the root of degenerative diseases.

> **Treats Inflammation:** MSM is a powerful anti-inflammatory due to its ability to allow metabolic wastes to be removed from the cells. When the water pressure inside a cell is greater than the water pressure on the outside of the cell, there is inflammation and swelling ... the outer and intercellular fluid pressures are not equal. MSM enhances the permeability of the cell walls, therefore allowing the pressure on both sides of the wall to equalise, thus relieving the inflammation. MSM takes inflammation out of soft tissue and since pain comes from nerves in inflamed soft tissue, there is often relief from the pain of such inflammatory ailments as arthritis, osteoarthritis, rheumatoid arthritis, bursitis, fibromyalgia, gout, and many other rheumatic conditions. It further improves circulation and cell vitality.

> **Diabetics and Hypoglycemia:** MSM (OS) is used by the pancreas to produce insulin. The sugar the blood transports to the cells of diabetics cannot be absorbed if the cell wall is impermeable as suggested in some studies of diabetics. MSM makes cell walls more permeable. Permeable cell walls can easily receive blood sugar so less insulin is demanded. Several months of consistent MSM increases the body's ability to produce insulin.

> **Joint Flexibility and Muscle Cramps:** Collagen is the dominant component of connective tissue and bones. Collagen cannot be made in the body unless MSM supplementation is present, so damaged cartilage cannot be repaired without MSM. Clinical research has shown that MSM is highly effective in improving joint flexibility, reduces stiffness and swelling. It helps to produce flexible skin and muscle tissue.

MSM relieves muscle cramps, spasms and night leg cramps; reduces muscle inflammation, promotes healing in the muscles and prevents them from becoming sore. Athletes, in particular, benefit from this as the intake of additional MSM dramatically increases their recovery time. MSM increases the ability of the body to eliminate waste products at the cellular level. This speeds recovery and frees up more energy for rebuilding.

> **Naturally Increases Energy:** Due to the increased permeability of the cells, less energy is required to deal with the accumulation of toxins. This results in more energy being re-directed towards activity and necessary healing. OS/MSM also increases the absorption of nutrients so that the energy expenditure on digestion is vastly reduced.

> **Healthy Skin, Hair and Nails:** Collagen is critical for the production of healthy skin, hair and nails. Sagging skin and wrinkles, as well as dry, cracked skin are a result of a loss of collagen. MSM provides the sulfur needed to normalise collagen formation, and so revitalise the skin. It is one of the main ingredients in moisturizing creams. MSM also contributes to exceptional strength & thickness of the hair & nails, which may occur in just a couple of weeks of consistent use. It has been shown to be highly effective in the treatment of skin conditions like acne, eczema and psoriasis as it strengthens weakened immune system, often a precursor to such conditions.

> **Helps Weight Reduction:** Excess weight on the body may actually be inflammation. The cells of the body may be chronically inflamed, retaining by-product toxins. Sulfur needs to be present in order for these toxins and wastes to be removed from the body and MSM provides that Sulfur.

Vitamin Absorption: MSM supplementation helps our body utilize the vitamins that we take, providing the means to derive the maximum benefit from them.

MSM and Protein: Sulfur has a vital relationship with protein, since Sulfur is found in the amino acids methionine, cystine, and cysteine. These amino acids are known as the Sulfur bearing amino acids, and considered the building blocks of protein. Sulfur as found in MSM is the flexible bond between proteins.

Improves Lung function: MSM detoxifies and increases the blood's circulation of oxygen.

Reduction or Elimination of Allergies: An allergic reaction is simply your body's reaction to something foreign in your system. These foreign proteins & free radicals invade your body and cause reactions and problems. Your body responds with a sneeze, wheeze, swollen, puffy eyes, etc. MSM eliminates so-called "free radicals" and so allergies may be eliminated.

Anti-Cancer: MSM has been studied for possible anti-cancer effects as it oxygenates the cells, which in turn creates an aerobic environment unfavourable to cancer.

Sports & Athletes Nutrition: MSM can restore vitality for busy daily activities with its restorative support of connective tissues.

Neutralise Chlorine & Flouride: MSM taken to neutralise high concentrations of chlorine & flouride which inhibit oxygen and Sulfur distribution, and uptake

Better Kidney Function: MSM helps promote better kidney function more efficiently. Water retention problems due to bad kidney function can be improved or even alleviated

Alleviates Chronic Headaches: MSM helps alleviate chronic headaches by increasing circulation to the brain cells.

PH Balance: MSM is essential in maintaining the body's crucial acid/alkaline pH balance.

Pharmacokinetic studies have indicated that there may be a cumulative effect to a point where equilibrium is reached. Initially the body will distribute, deposit, and use MSM to feed those cells most in need, and continue to distribute MSM throughout the body replenishing cells. The body will use what it needs and if there is excess it will be flushed from of the body. To maintain good healthy cells, apply your OS/MSM solution on a daily base.

The information contained herein has been compiled from various sources. We provide information only, and the information is not intended to supersede sound medical/practitioner advice.

MAGOS

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