

## WHAT OTHERS HAVE TO SAY ABOUT MSM (METHYLSULFONYLMETHANE)

Louise MacIntosh, Nutritional Consultant, Well Being Journal, says of MSM:

*“Combined with vitamins and amino acids, **MSM** provides the raw materials the body needs to create healthy and flexible cells...Your cell membranes have to stay flexible in order for nutrients to pass in and out of the cell...Deficiencies have been linked with such problems as eczema, acne, brittle fingernails, weak hair and dandruff. **MSM** can provide nutritional support for your body's production of collagen, a substance which makes skin smooth and helps minimize wrinkles and scars.”*

*“Arthritic patients have reported substantial pain relief when supplementing with **MSM**, since it promotes flexibility of the cells. Flexible cells allow fluids and toxins to pass through, .....which may help prevent the pressure build-up in the cells that causes inflammation in the joints.”*

*“In some cases, the addition of **MSM** may actually help improve digestion and the absorption of nutrients by helping to heal inflammations of the intestinal tract.”*

And Terri L. Saunders, Herbalist, Bringing Light into the Darkness of Depression, adds this:

*“People taking **MSM** have reported increased alertness with mental calmness and elevated mood.”*

On the animal side, John Metcalf, DVM, states:  
*“In horses, I use **MSM** anywhere I want to reduce inflammation and enhance circulation. That's the name of the game in getting repair of an inflamed or damaged part.”*

While Rex Ewing, Beyond the Hay Days, has this to say:

*“**MSM** is a methyl donor, which makes it a player in fat and energy metabolism. Also, **MSM** is an excellent source of metabolically available sulfur, a fact of no small significance . . . **MSM** has been used successfully. . .to help, or cure: **epiphysitis**;*

*navicular disease; arthritis; pulmonary hemorrhage (bleeders syndrome); dull hair coat; and dry brittle hooves.” [emphasis added]*

The key concepts in the quotes pretty much emphasize the importance of **MSM**:

**cellular flexibility via collagen enhancement**  
**anti-inflammatory**  
**circulation enhancer**  
**mood elevator**  
**important in fat and energy metabolism**  
**excellent source of metabolically available sulfur**

- **DYNAMITE® MSM** is **human-grade Ultra-Pure** sulfur *only*, absolutely no fillers, whether in mixed formulations, in capsule form for ease human of ingestion, or in bulk powder for all
- Anywhere you see “**sulfur**” given as an ingredient in **DYNAMITE®** formulas, such as in all the **Free and Easy** formulas, it is this **MSM**.
- When feeding **MSM** to horses in a selenium-deficient area, the diet may need to be supplemented with adequate selenium. Feed regular **Dynamite**, or if feeding **Plus**, add **E-Selenium**. Ideally, feed the **MSM** at one feeding and the selenium-containing supplement at another feeding to prevent the sulfur from tying up the selenium
- We have used it very successfully to reduce swelling in cases of surgically gelding colts and numerous injuries which cause swelling
- Others have used it in lieu of *Isoxuprene* to increase blood flow to hooves in horses who are worked heavily and then stalled—of course another option would be at-free turn-out at least twice per day but especially following work outs
- Sulfur can react to amalgam fillings in the mouth producing a metallic taste ■