**Methylsulfonylmethane (MSM)**

Methylsulfonylmethane (also known as MSM, Methyl Sulfonylmethane, Methylsulphonylmethane) is an organic compound that contains sulfur. This chemical can be found in foods such as dark green vegetables, tomatoes, ground beef, fish, and eggs.

Medically, methylsulfonylmethane has been used to treat osteoarthritis. Studies have found that it helps reduce knee pain. There are a myriad of ways this chemical has been used. Such includes chronic pain, osteoarthritis, joint inflammation, rheumatoid arthritis, osteoporosis, tendonitis, muscle cramps, and scleroderma.

In addition, it has been used for cases of allergies, constipation, ulcers, premenstrual syndrome, poor circulation, high blood pressure, high cholesterol, mood improvement, and diverticulosis. Individuals with type 2 diabetes, Alzheimer’s disease, emphysema, pneumonia, autoimmune disorders, and HIV/AIDS and cancer have also used Methylsulfonylmethane.

Furthermore, studies have found that the compound possesses anti-inflammatory components. Thus it has also been used to treat inflammations such as that of the eye and mucous membrane.

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**References:**

*Suppressive Effect of Methylsulfonylmethane (MSM) on Type II Collagen-induced Arthritis in DBA/1J Mice*

*Dimethyl Sulfoxide (DMSO) Blocks Conduction in Peripheral Nerve C Fibers: a Possible Mechanism of Analgesia*

*The effect of methyl sulphonyl methane supplementation on biomarkers of oxidative stress in sport horses following jumping exercise*

*Efficacy of methylsulfonylmethane (MSM) in osteoarthritis pain of the knee: a pilot clinical trial*
The effect of methylsulfonylmethane on the experimental colitis in the rat

Assessment of methylsulfonylmethane as a permeability enhancer for regional EDTA chelation therapy

The anti-inflammatory effects of methylsulfonylmethane on lipopolysaccharide-induced inflammatory responses in murine macrophages

Aspirin and methylsulfonylmethane (MSM): a search for common mechanisms, with implications for cancer prevention

Informational References:

Lignisul MSM

Bergstrom Nutrition

DMSO.org

MSM Guide (for consumers)

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