

Athletic Performance

Ultimate Sports Nutrient with Natural Anti-inflammatory Benefits



Pain Relief: Most Sports injuries involve pain, redness, heat, and swelling: the four cardinal signs of inflammation. After soft tissue injuries, and the muscle microtears from athletic weight training, MSM provides a rich source of bioavailable sulfur to support tissue repair and regeneration. Additionally, treating an acute injury may be as simple as RICE. This acronym refers to rest, ice, compression, and elevation. Supplementation with MSM may speed relief from inflammation and promote lasting healing. Sulfur is one of the key requirements for connective tissue integrity and repair.

Tissue Regeneration: Healthy connective tissue requires a significant amount of sulfur. With wear-and-tear on joints, tendons, cartilage, and other connective tissues, MSM provides a naturally-occurring form of organic sulfur for powerful musculoskeletal and respiratory support. MSM supplementation can assist the healing process, unlike prescription painkillers and NSAIDs that can have serious side-effects.

Energy: Many metabolic processes in the body require methyl groups to generate energy. In addition to providing sulfur, MSM delivers one carbon and three hydrogen atoms (CH₃).

Like vitamin B-12, MSM supports metabolic processes in the body. Many athletes report measurable energy boost with MSM supplementation.