



NATURE'S SUNSHINE

MSM

Kosher

Halal

Non-GMO

GOOD FOR

Connective Tissue

Musculoskeletal System

Digestive System

SIZE **90 Capsules**

ITEM # **4059**

SERVING **2**

SUPPLY **15 days**

DIRECTIONS FOR USE Take 2 tablets with a meal three times daily.

— How the Key Ingredients Work

MSM delivers a naturally occurring form of sulfur that your body uses to help maintain healthy joints, connective tissue, and an active lifestyle. It works gently from the inside out, supporting the structures that keep you moving and feeling your best day after day.

MSM (Methylsulfonylmethane) – Joint Comfort — MSM is a naturally occurring sulfur compound found in plants, animals, and the human body. Research including a well-known placebo-controlled study found that taking MSM daily for 12 weeks significantly improved joint pain scores and physical function, making everyday movement more comfortable.

MSM – Inflammation Support — Beyond joint comfort, MSM has been shown in multiple reviewed clinical trials to have meaningful anti-inflammatory properties. By helping to calm the body's inflammatory response, it supports the kind of day-to-day ease that lets you stay active without being held back by stiffness or soreness.

MSM – Connective Tissue & Collagen Building — Sulfur is one of the key raw materials your body uses to build and maintain collagen and connective tissue — the stuff that holds joints, tendons, and ligaments together. MSM provides a readily absorbed source of organic sulfur, giving your body what it needs to keep those structures strong and resilient.

MSM – Antioxidant Properties — MSM has demonstrated antioxidant activity in clinical research, meaning it helps the body manage oxidative stress — the wear and tear that accumulates in tissues over time. This protective quality adds another layer of support for long-term joint and muscle health, especially for active individuals.

MSM – Back & Muscle Comfort — A randomized, double-blind, placebo-controlled trial studied MSM specifically for low back pain over 16 weeks and documented meaningful pain-relieving benefits. Whether your discomfort comes from an active lifestyle or everyday strain, MSM has been researched as a natural option for musculoskeletal comfort.

MSM – Knee Osteoarthritis Relief — One of the most studied uses of MSM is knee osteoarthritis. A landmark 2006 clinical trial found that participants taking MSM daily for 12 weeks experienced significant improvements in both pain levels and physical function compared to those taking a placebo — real, measurable results for real people.

MSM – Bursitis & Soft-Tissue Support — Integrative medicine sources specifically cite MSM for bursitis — the painful inflammation of the fluid-filled sacs that cushion joints. As a source of organic sulfur, MSM supports the anti-inflammatory and tissue-building processes that help keep these sensitive soft-tissue structures comfortable and functional.

MSM – Bunion & Foot Joint Support — Clinical research has looked at MSM in the context of bunions and foot joint pain, with one randomized trial showing reduced pain and improved function after 12 weeks of daily use. For those dealing with the discomfort of foot joint issues, MSM offers a naturally sourced option worth considering.

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