

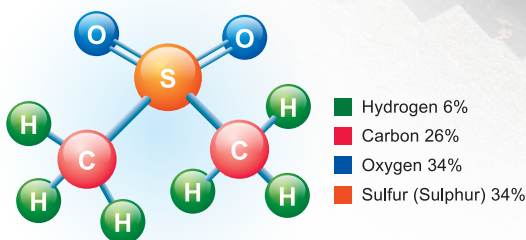
# Keeping Your Joint Mobile

The world is moving at a faster pace and aging population is living longer.

“Eventually, everyone succumbs to the natural effects of aging and physical activity as bodies wear down over time. People wanting to maintain their quality of life can look to science-based ingredients and products to improve joint function and mobility as a way to remain active.” said Tim Hammond, vice president of sales and marketing for Bergstrom Nutrition, Inc., USA.

## What is Methylsulfonylmethane?

Methylsulfonylmethane (MSM) is made up of 34% sulfur and is the fourth most abundant mineral in the human body. Sulfur is an important nutrient for the maintenance of healthy joints, tendons, ligaments and other connective tissue.



## Clinical Benefits of MSM

### Combat Soreness & Joint Fatigue

Soreness and joint pain become more and more frequent as we age. MSM aids recovery by reducing inflammatory responses and swelling involved in joint pain and fatigue. It benefits the overall joint health and support normal range of motion to stay active.

### Reduce Effects of Aging

Physical exertion and active movement are important to overall health, but over time it can also take a toll on joints and cartilage. MSM improves joint stress recovery time and prevent chronic joint issues due to the effects of aging on joints. It help to support a healthy, active lifestyle and improve quality of life.

### Provide Nutritional Support

Dietary sulfur is critical in the development and maintenance of healthy joints and cartilage. MSM plays a role in maintaining the overall joint health as well as protecting cartilage to support joint mobility.

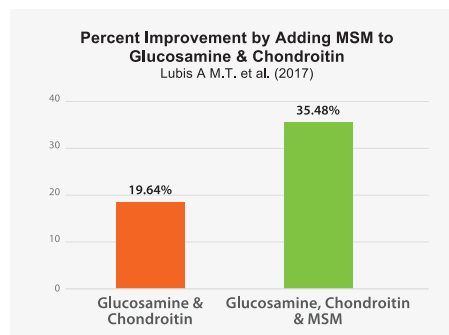
## The World Purest MSM – OptiMSM®

For more than 25 years, **OptiMSM®** has produced the safest, purest and most consistent MSM in the world. **OptiMSM®** is an ultra-pure high quality MSM supplement backed by numerous pre-clinical and clinical studies with third party verification for efficacy and safety.

- ✓ **Pharmaceutical quality (99.89%)**
- ✓ **Microbial and heavy metal free**
- ✓ **100% bioavailability and quick absorption**
- ✓ **GRAS, Kosher and Halal Certified**

## Synergy Effect of Glucosamine, Chondroitin and MSM

Glucosamine and chondroitin sulfate, in combination or stand alone is frequently recommended for the management of osteoarthritis and joint pain. A recent double-blind, randomised, controlled clinical trial was conducted on a total of 147 patients with knee osteoarthritis who were divided into 3 groups. Visual Analog Scale (VAS) and Western Ontario and McMaster Universities Osteoarthritis (WOMAC) Index scores assessing the pain, stiffness and physical functions were measured before treatment, then at week 4, 8 and 12 after treatment.



They studied the benefits of glucosamine (1500mg) and chondroitin (1200mg) combination and compared it with the same dose but with the addition of 500mg MSM (**OptiMSM®**). They found that overall symptoms in the glucosamine and chondroitin without MSM improved by 20%. However, they found that there was a 35% improvement in overall symptoms by adding just 500mg of MSM to the supplement, almost twice the benefits of glucosamine and chondroitin combination.

The combination of glucosamine, chondroitin sulfate and MSM provides better efficacy in reducing pain as well as improving the joint functions.



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