



## Why OptiMSM?

MSM (methylsulfonylmethane) is a natural source of organic sulphur. For centuries, sulphur has been used for the therapeutic treatment of various conditions and illnesses. OptiMSM is the most pure form of MSM.

We can no longer assume that we take in enough organic sulphur to support all the physical processes that require this compound. Many people could do with more of it to improve performance and experience a healthy ageing process.

### What does MSM do?

- ✓ MSM is essential for healthy tendons and joints
- ✓ MSM contributes to the health of skin, hair and nails
- ✓ MSM is a detoxifier, an anti-inflammatory and a painkiller
- ✓ MSM supports the immune system
- ✓ MSM promotes better absorption of other nutrients

### Why is this?

The active ingredient in OptiMSM is organic sulphur, a macro element and vital human necessity. It occupies fourth place on the list of minerals required in large amounts by the body.

Sulphur promotes the production of cartilage and connective tissue and is therefore essential for healthy tendons and joints. This is very important when it comes to guaranteeing our mobility.

Sulphur forms a crucial part of the collagen that supports the structure of the skin. MSM makes the skin more elastic and strengthens its protective layer. Sulphur also forms part of keratin, the most important structural ingredient in hair and nails.

Extra MSM promotes an increase in the antioxidant glutathione, which is involved in the detoxification process. Glutathione neutralises free radicals in the body and supports the immune system. This is why MSM is also used to combat allergies.

Finally, MSM increases the permeability of the cell membranes and is – at cellular level – a joint transporter of substances including magnesium chloride, the magnesium that Zechsal products contain. When MSM is used, magnesium is absorbed even more effectively.



## For whom in particular?

- ✓ The elderly
- ✓ Patients with allergies
- ✓ People who suffer chronic fatigue
- ✓ Arthritic patients
- ✓ Endurance athletes

*MSM helps combat oxidative stress caused by long training sessions. It also prevents muscular damage and encourages recovery.*

MSM is furthermore recommended to all people who could do with extra skin- or haircare, who want to stay flexible and would like to experience a healthy ageing process.

## Dosage and use

### *Through the skin*

Add a level tablespoon (app. 6 g) to a Zechsal foot spa. The sulphur and Zechsal magnesium combination is optimally absorbed through the skin.

### *Orally*

An often-applied guideline for use is 2 to 6 g, spread across two doses. Dissolve the powder in some water or fruit juice. For faster absorption, take on an empty stomach or just before mealtimes.

*Tip: gradually increase your dosage to prevent stomach/intestinal problems.*

*NB. There are no drawbacks or contraindications related to long-term use. For the ingestion of larger amounts (more than 8 g per day), we recommend that you consult a physician.*

## Composition of Zechsal OptiMSM

Zechsal OptiMSM is 99,9% methylsulfonylmethane. The methylsulfonylmethane is 34% pure sulphur.



For more information, please visit our website at [www.zechsal.eu](http://www.zechsal.eu) or call 0598 - 626 810. We will gladly give you further information or answer your questions!