

COTTAGE HILL HERB FARM

M.S.M

MethylSulfonylMethane

THE *anti-aging*  
BEAUTY MINERAL

COTTAGEHILLHERBS.CO.NZ

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# THE *number one* NATURAL INGREDIENT TO REJUVENATE SKIN, HAIR, NAILS AND CELL VITALITY.

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**M.S.M** comes firstly from the ocean and then into the food chain via rainfall and is considered a natural bio-available sulphur.

Research from the University of Oregon Medical Centre showed that natural sulphur is a prominent compound of our body and is as important as Vitamin C in our diet, unlike the bad sulphurs, sulphides or sulphates.

**M.S.M** is naturally occurring in fresh foods but is destroyed rapidly by heating and food processing.

**M.S.M** provides a crystalline natural dietary source of sulphur and comes as a cost effective white crystal powder that may be capsulated or added to smoothies, juices etc. - although it has a somewhat unpleasant taste.

The Mineral Information Institute affirms that organic sulphur is used to construct almost every part of the human body, cells, tissues, bone, hair and especially skin.

**M.S.M** softens cell walls, allowing good things in and toxins to be moved out of the system.

# COMMON SULPHUR DEFICIENCY SIGNS ARE:

- BRITTLE NAILS AND HAIR
  - ACNE
  - SLOW WOUND HEALING
  - ARTHRITIS
  - FOOD ALLERGIES
  - GUT PROBLEMS
  - PAIN
  - SCARRING
  - LINES AND WRINKLES
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With sulphur deficiencies, new formed cells are stiff and hard.

**M.S.M.** acts to block undesirable chemicals and physical cross-linking or bonding collagen, which is associated with tough, dry and aged skin.

**M.S.M** creates healthy elastic cells so lines, wrinkles, scar tissue, dark skin patches are all reduced and softened considerably. M.S.M encourages skin repair by creating tissue pliability. It also forms healthy joints, ligaments and tendons, boosts immune function and significantly reduces pain.

Studies have shown great benefit in treating Rosacea when M.S.M was combined with milk thistle.

## *Clinical studies* OVER THE LAST 25 YEARS SUGGEST IMPROVEMENTS OF THE FOLLOWING:

- CONNECTIVE TISSUE REPAIR AND REGENERATION.
- PREVENTS CARTILAGE BREAKDOWN.
- DECREASES ANTI-OXIDANT STRESS THROUGHOUT THE BODY.
- ASSISTS IN REDUCING INFLAMMATION, BOTH INTERNALLY AND EXTERNALLY.
- DECREASES MUSCLE DAMAGE AND IMPROVES FLEXIBILITY.







In skincare products it acts as a transporter to carry other nutrients deeper into the skin. It supports collagen production, creating younger and healthier elastic skin cells. **M.S.M** is powerfully anti-aging and regenerating, improving circulation and the structural integrity of the skin and the natural production of Collagen and Elastin.

**M.S.M** provides sufficient sulphur necessary to produce Collagen and Keratin, producing exceptional skin, hair and nail strength. Collagen loss can create sagging skin and wrinkles, as well as dry and cracked skin. M.S.M makes the cell more permeable which further allows toxins and metabolic waste to be moved out of cell walls and essential nutrients and water to move in at the cellular level.

**M.S.M** is beneficial for Eczema, Psoriasis, Acne, Rosacea and Shingles. It has a dramatic impact on the skin and body.

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IT MAY BE ADDED TO CAPSULES, CREAMS,  
LOTIONS, GELS, SHAMPOO AND  
CONDITIONERS OR USED IN THE BATH  
BECAUSE IT IS *water soluble*.

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Its actions are intensified by the addition of 10% Vitamin C.

**\*AVAILABLE IN OUR STORE IN**  
*powder, capsules, oil or tincture,*  
*lotion and hydrosol* **FORMS.**

[www.cottagehillherbs.co.nz](http://www.cottagehillherbs.co.nz)

04-526 4753

# SULPHUR *top facts!*

Natural sulphur was once called the “**Factor N**” for returning cells to normal. It builds and maintains supple, permeable collagen cell walls in flesh tissues, using Vitamin C for tissue cell formation.

It is required for the body to use Vitamin B5, Vitamin C, Vitamin D, Vitamin E, Selenium, Calcium, and Manganese.

The human body contains about 0.2-0.25 ppm and 1/8 tsp is used by the body each day.

**M.S.M** softens hardened eye membranes allowing nutrients to penetrate and remove the build-up of waste particles (cataracts) and inside eye pressure (Glaucoma). M.S.M improves vision, muscle tone, damaged blood vessels, red spots and removes floaters (M.S.M eye drops).

**M.S.M** improves skin problems like dry, cracked skin, itching, wrinkles. It reduces scar tissue, varicose veins and it neutralises free radicals (reduces acne).

**M.S.M** boosts energy and assists hangovers, migraines and headaches. It is effective for asthma, lung issues like Emphysema (nasal spray) or in nebuliser with Colloidal Silver.

It is a mild diuretic and assists ulcers, gut problems and to eliminate parasites.

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## SUPPLEMENTATION MAKES *hair and nails* STRONG AND HEALTHY TWICE AS QUICKLY.

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It rebuilds tissues and dramatically increases energy.

To take M.S.M., start with a small amount of powder or a capsule, and gradually increase dosage slowly over the course of 5 -7 days. Dosage depends on body weight and the degree of the problem, and should increase to at least 2 tsps x 2 daily, or more if need be for the individual's problem. It must be taken twice daily to keep it circulating in the system, as it is water soluble. It is MOST IMPORTANT to drink lots of water when consuming MSM, to flush the toxins released.

It can also be given to animals, however DO NOT Take in pregnancy or give to children

M.S.M creates soft, smooth, hydrated and flexible skin. Reducing age spots and even skin tone, colour and diminishes hyperpigmentation.





It dilates blood vessels, reduces sebum production and is anti-itching and anti-oxidizing.

It is powerfully pain relieving and anti-inflammatory for humans and animals.

**M.S.M.** and Milk thistle seed make an effective treatment for Rosacea, when taken internally over 2- 3 months.

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## M.S.M HAS BEEN FOUND TO BE EXCELLENT FOR DANDRUFF AND *skin repair.*

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It acts as a humectant and is water soluble and part oil soluble as well.

If you want to use **M.S.M.** in your products, why not try adding in hydrosol form or to replace the water phase of your process?

**M.S.M.** is a remarkable product with so many potential uses and benefits!  
Give it a try and see how you like it!

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