

[Center for Integrative Medicine](#)

Dietary Supplements: MSM Methylsulfonylmethane

MSM is a form of biological or organic sulfur that is used to support joint health. It is not an essential nutrient like a vitamin or mineral. There is no minimum daily requirement of MSM. It has not undergone formal study in pediatric patients.

Most adults who use it take between 800 milligrams (mg) and 3,000 milligrams (mg) daily.

The products listed below have been tested by ConsumerLabs (www.consumerlab.com), and meet their quality standards. This is not a class of supplements routinely suggested by our rheumatology (arthritis) doctors.

Check with your doctor about doses, duration of use and to check for potential side effects or interactions.

Methylsulfonylmethane (MSM) Products	Serving Usual Adult dose is 1500 mg daily
CVS MSM 1000 mg	2000-3000 mg
NSI Nutraceutical Sciences Institute Superior MSM, Methylsulfonylmethane 1000 mg	1000 mg
Puritan's Pride MSM	1000 mg
Trimedical Pure MSM Liquid, Patented Lignisul MSM Process	390-1560 mg
Vitamin World MSM 1000 mg	1000 mg

www.wakehealth.edu/CIM - See Quick Link to Dietary Supplements