



Supporting Performance and Sports Recovery



While many active people look for products that provide nutritional support to help maximize exercise performance, they are also looking to help aid their recovery to help minimize the wear and tear on their bodies. In fact, 75% of people say they will increase time and money spent towards a healthier lifestyle¹ and 79% are looking for at least one functional claim when choosing a product.² Staying active is an integral part of a healthy lifestyle, but exercise places stress on your joints³ and can generate oxidative stress⁴ and inflammation,⁵ both of which can impact your recovery.

OptiMSM®, the industry leading source and FDA GRAS MSM (methylsulfonylmethane) on the market, **provides nutritional support to aid your recovery from exercise** so you're ready to tackle your next challenge. OptiMSM® provides nutrition in the form of sulfur, a nutrient that helps to support healthy joints and connective tissue. Plus, sulfur is a key component of glutathione which is a component of one of the body's most important antioxidant systems.⁶

Supplementation with OptiMSM® has been clinically shown to reduce post-exercise pain and inflammation⁷ and works to combat post-exercise oxidative stress,⁸ aiding recovery to help you feel ready to take on your next physical challenge.⁷ Plus, MSM has been found to benefit exercise recovery by reducing oxidative stress and inflammation. OptiMSM® has been shown to benefit both new⁹ and experienced athletes^{7,10} alike – whether they're running on the track⁸⁻¹⁰ or lifting heavy in the gym.⁷

It is recommended to supplement at least 3g of OptiMSM® per day.

OptiMSM® is a source of sulfur⁶ that:

- Helps support the antioxidant response*
- Provides critical nutrition to help support joint health and physical function*
- Supports healthy joints and cartilage*

OptiMSM® supplementation has been shown to:

- Reduce pain and discomfort following exercise^{6*}
- Decrease muscle soreness following exercise^{6*}
- Decrease muscle damage after exercise^{7,9*}

References: 1. McKane et al. LEK Insights 2021: "Priority Reset: Post Covid-19 Changes in Consumer Behaviors Are Around for the Long Haul"; 2. Kantar Profiles/Mintel Feb 2023: "How often do you consume drinks that claim to provide the following benefits?"; 3. Eckstein F, et al., J Anat 2006; 208(4): 491-512; 4. Kawamura T & Muraoka I. Antioxidants 2018; 7(9): 119 5. Cerquiera E, et al., Front Physiol 2020; 10: 1550; 6. Institute of Medicine, 2005. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate; 7. Kalman D, et al., FASEB J 2013; 27: 1076.7 (abstract); 8. Nakhoshtin-Roohi B, et al., J Pharm Pharmacol 2011; 63: 1290-1294; 9. Nakhoshtin-Roohi B, et al., Ir J Pharm Res 2013; 12(4): 845-853; 10. Barmaki S, et al., J Sports Med Phys Fitness 2012; 52: 170-174.

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