



# General Balance Plant Based MSM



## General Balance Plant Based MSM

1. Product Overview
2. Product Features
3. Featured Ingredients
4. Recommended For
5. Health Information



- [This document is meant strictly for internal training purposes.](#)
- [Unauthorized use of this document is strictly prohibited.](#)

## Product Overview

---

- + **Product Name:** General Balance Plant Based MSM
- + **Product Type:** Dietary Supplement
- + **Net Quantity :** 500 mg x 120 Tablets (60 g)
- + **Ingredients:** MSM 99%,  
(Sourced from Canada) 100%
- + **Directions:** Take 2 tablets twice a day with water.

### Precautions

- Infants, toddlers, children, those pregnant or nursing must take caution when using this product.
- If you have any illness or are taking prescription medication, consult with a physician prior to using this product.
- If you have any allergies, please read all ingredients thoroughly prior to using this product.
- Stop using this product immediately, if you experience any abnormal reactions and consult with your physician.
- Do not use past expiration date.
- Do not ingest the desiccant.



# Product Features

---

1. Produced using DistilPure MSM sourced in Canada

2. Contains 99% Pure MSM

3. MSM Clinical Test Results

4. No Additives



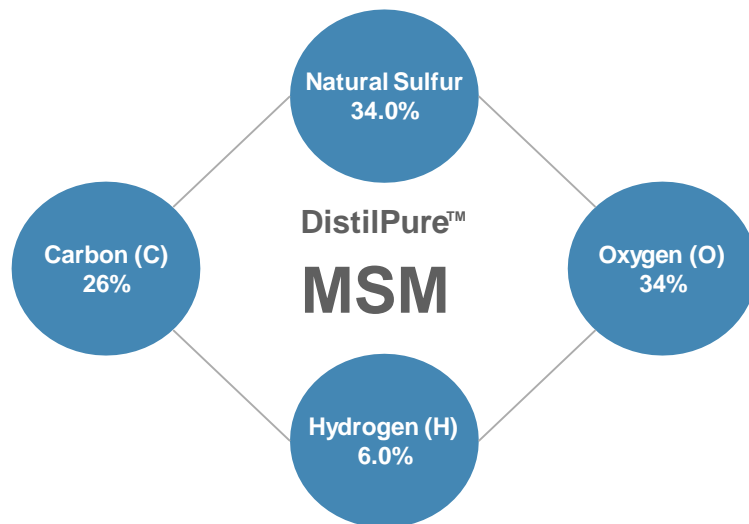
# Featured Ingredients

## 1. What is MSM?

MSM (Methyl Sulfonyl Methane) is a source of the essential mineral sulfur. It is a vital substance that is necessary for the creation of cartilage and ligament tissue in joints as well as maintaining normal function and structure of the body.

## 2. The Role of Sulfur

- Sulfur is an essential nutrient for normal bodily function and the third most abundant mineral in the body.
- Has an essential role as it helps to form and maintain major bodily structures such as joints, cartilage, skin, hair and nails.



## Featured Ingredients

### 3. Recommended Daily Serving Size

Recommended Daily Serving Size According to Korea  
Ministry of Food and Drug Safety (MFDS)

1,500 mg or more



Average Daily Intake of Sulfur  
Less than 50 mg

Approximately 1,450 mg of sulfur is lacking daily and  
needs to be supplemented!

### 4. Causes of Sulfur Deficiency

- Sulfur content becomes depleted as it is used to remove harmful substances, such as environmental hormones and heavy metals, that have accumulated in the body.
- Sulfur loss occurs during storage, heating and cooking of foods.
- Sulfur found in nature has lower absorption rates causing it to be inevitably lacking.



# Featured Ingredients

## DistilPure MSM Sourced from Canada

DistilPure is a global brand that extracts pure plant-based MSM. DistilPure MSM is extracted from natural plants (corn, flaxseed, soybeans) and is as of yet the first and only plant based MSM recognized by the Korea Ministry of Food and Drug Safety (MFDS).



Research and Manufacturing Facility Located in Canada



Produced using patented ultra pure distillation method.





# Featured Ingredients

Contains 99% Pure MSM

## Certificate of Analysis

**PRODUCT:** METHYLSULFONYLMETHANE (MSM)

*DISTILPURE™ MSM*

**LOT NUMBER:** 94604

**LOT NUMBER OF BIO-BASED DMSO USED:** HA39943

**Physical Appearance:** White Crystalline Powder

**Physical Properties:** Molecular Weight (g/mol): 94.13  
Percent Sulphur Content: 34.1%

**Date of Manufacture:** 2019-01-02  
**Expiration Date:** 2023-01-31

### Product Test Items

	Specification	Test Results
Purity (MSM) USP 34 by Gas Chromatography (GC):	98.0-102.0%	101.6%
Melting Point @ 760 mm Hg	108.0° C ± 1.0° C	109° C
Water Content by Karl Fischer Titration	<0.10%	0.05%
DMSO Content	<0.1%	Not detected
Residue on Ignition	<0.10%	<0.10%

DistilPure MSM is a premium highly pure ingredient that is extracted using the industry's most advanced patented distillation technology.



## Featured Ingredients MSM Clinical Testing Result

49 Adult men and women experiencing knee joint discomfort received 3.375g of MSM everyday for 12 weeks resulting in decreased joint pain and discomfort.

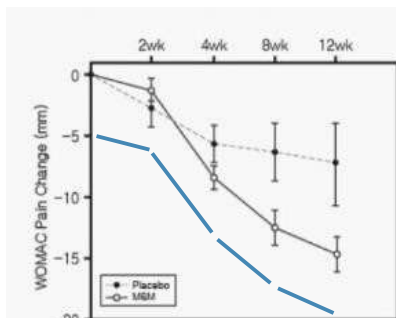


Fig. 2. WOMAC pain changes from baseline to 2,4,8 and 12 weeks.

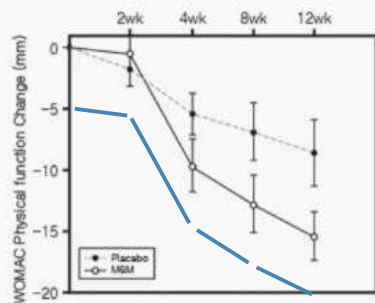


Fig. 3. WOMAC physical function changes from baseline to 2,4,8 and 12 weeks.

WOMAC(Western Ontario and McMaster Osteoarthritis Index): widely used, proprietary set of standardized questionnaires used by health professionals to evaluate the condition of patients with **osteoarthritis** of the knee and hip, including pain, stiffness, and physical functioning of the joints.

- **Participants:** 49 Adult men and women between the ages of 45 and 90 with knee joint discomfort were given, 3.375 g of MSM per day.
- **Conditions:** 25 were placed in a placebo control group, and 25 were placed in the testing group in a randomized, double blind, controlled clinical trial with assessments at baseline, 6 weeks and 12 weeks.
- **Results:** After 6 weeks of ingesting MSM, joint stiffness and motor function were beginning to significantly improve. After 12 weeks, knee discomfort, pain, stiffness and function were improved, as well as quality of life. **\*Test results do not apply equally to everyone**

[Source] Efficacy of methylsulfonylmethane supplementation on osteoarthritis of the knee: a randomized controlled study

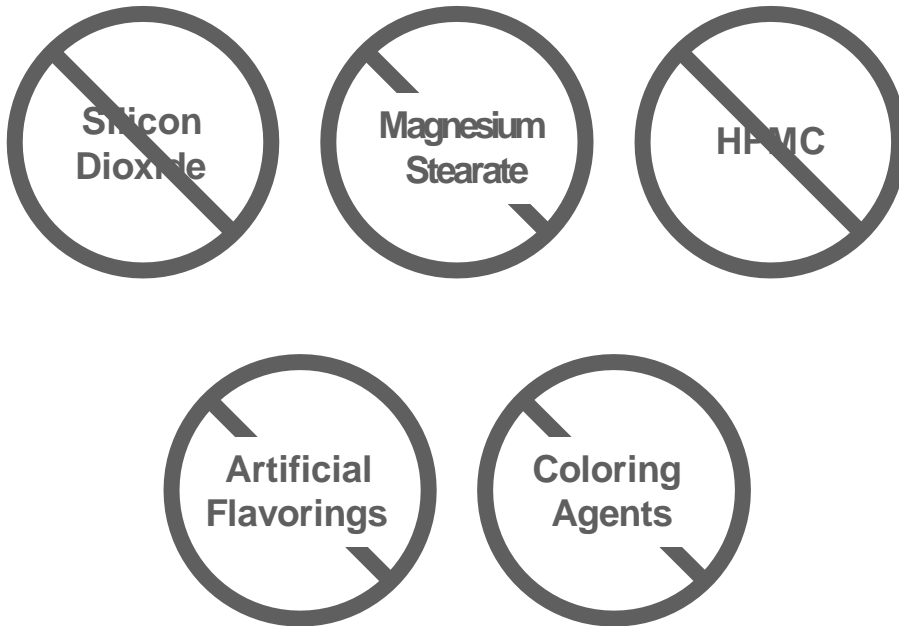
(BMC Complementary and Alternative Medicine 2011, 11:50)



## Featured Ingredients No Additives

---

Produced without using chemical excipients (silicon dioxide, magnesium stearate and hydroxypropyl methylcellulose) that are used for production efficiency or product stabilization, as well as artificial flavorings or coloring agents.



## Recommended For

---



1. Those who are affected by decreased cartilage and joint function due to aging.
2. Those who are overweight and are experiencing discomfort in joints and cartilage.
3. Those who are experiencing discomfort in joints and cartilage during postpartum.
4. Those who are active or standing for extended periods of time.
5. Those who excessively use fingers and wrists.
6. Those who wear high heels that cause joint discomfort.



# Health Information

## [Arthritis Patient Trends in South Korea]



The number of patients with arthritis in South Korea has increased by 40% over 10 years, and in 2015 it reached a total of 611,478 people. Approximately 1 in 8 suffers from arthritis.

## [Osteoarthritis Patient Trends by Age for 5 Years]



According to the Health Insurance Review and Assessment Service, patients in their 60s showed the highest distribution among the patients who received osteoarthritis treatment in 2016 with 1.1 million patients. As compared to 2012 the growth rate was 43.7% for those 80 years of age or more, 17.2% for patients in their 60's and patients in their 20's increased from 56,977 to 65,418 resulting in an 14.8% increase. These growth rates are much higher than the growth rate of teenage patients (1.5%) as well as patients in their 30's (1.0%).



# Health Information

---

## 1. What are Healthy Joints?

Joints are connections between the bones and are surrounded by cartilage. Healthy joints include healthy undamaged cartilage that surround and protect the joints and have smooth movements.

## 2. Why Joint Health is Important

As the body ages cartilage becomes worn down, and obesity or excessive movement may affect the joints and lead to problems in the joints or cartilage. In these cases, many experience stiffness, pressure and swelling and cause pain and inconvenience during normal daily activities such as walking or even when there is no movement. Depending on the severity of the condition it may lead to death and therefore it is essential to maintain healthy joints and cartilage.



# Health Information

---

## 3. Causes That Damage Joints and Cartilage

Aging	Malnourishment	Excessive exercise or obesity	Excessive smoking and drinking	Intense stress and fatigue
-------	----------------	-------------------------------	--------------------------------	----------------------------

## 4. Ways to Maintain Healthy Joints and Cartilage

- In order to maintain healthy joints and cartilage vitamin, minerals, magnesium, and calcium must be sufficiently provided through food or supplements.
- Consistent exercise that strengthens the muscles surrounding the joints helps to maintain healthy joint function.
- Taking supplements such as MSM that help to support healthy joints and cartilage help to maintain healthy joints and cartilage.

