Date: June 26, 2008

Proper name(s): Methylsulfonylmethane, dimethyl sulfone, sulfonylbismethane (ChemIDplus 2008; O’Neil et al. 2001)

Common name(s): Methylsulfonylmethane (ChemIDplus 2008; O’Neil et al. 2001), MSM (ChemIDplus 2008)

Source material(s): Synthetic (O’Neil et al. 2001)

Route(s) of administration: Oral

Dosage form(s): Those suited to the allowable route(s) of administration
This monograph is not intended to include food-like dosage forms such as bars, chewing gums or beverages.

Use(s) or Purpose(s): Statement(s) to the effect of:

- Helps to relieve the pain associated with osteoarthritis of the knee (Kim et al. 2005; Usha and Naidu 2004).

Dose(s): 1,500-6,000 mg, per day (Kim et al. 2005; Usha and Naidu 2004)

Note: Products must not exceed 2,000 mg per dose.

Directions for use: Take with food. Avoid taking at bedtime (Kim et al. 2005).

Duration of use: Use for a minimum of 4 weeks to see beneficial effects (Kim et al. 2005; Usha and Naidu 2004).
Risk information: Statement(s) to the effect of:

Caution(s) and warning(s):
- Consult a health care practitioner if symptoms worsen.
- Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

Contraindication(s): No statement required.

Known adverse reaction(s): Some people may experience mild gastrointestinal bloating, constipation or indigestion (Kim et al. 2005).

Non-medicinal ingredients: Must be chosen from the current NHPD List of Acceptable Non-medicinal Ingredients and must meet the limitations outlined in the list.

Specifications:
- The finished product must comply with the minimum specifications outlined in the current NHPD Compendium of Monographs.
- The medicinal ingredient may comply with the specifications outlined in the Methylsulfonylmethane Monograph published in the United States Pharmacopoeia.

References cited:


References reviewed:


