

Joint Supplements: Benefits of MSM

Drs. Foster & Smith Educational Staff

what is **msm?**

Many horse owners use methylsulfonyl-methane (MSM) for their horse's joint health. It is a popular dietary supplement used as a single agent and also used in combination with other nutraceuticals for joints.



MSM contains sulfur in a form the body can readily use. Sulfur is necessary for the production of collagen, glucosamine, and chondroitin, all of which are building blocks of cartilage. Sulfur is necessary for the formation of all connective tissue in the horse's body, including cartilage in joints. Sulfur also works with thiamine, pantothenic acid, and biotin to promote metabolism and communication between nerve cells. Sulfur is found abundantly in keratin, a major component of hair, hooves, and skin, and it's included in some horse skin, coat and hoof supplements. Sulfur is also necessary in the formation of glutathione, which functions as one of the body's best natural antioxidants.

MSM has been promoted as having anti-inflammatory and pain reducing properties. It is one of the most commonly administered joint supplements for horses.

WE RECOMMEND



[Fluid Action
by Finish Line](#)



[Premium MSM by
Select the Best](#)



[Pure MSM
by AniMed](#)