

# Taking MSM – Dosage & Tips

- Start by taking 1/4 teaspoon twice per day dissolved in a glass of water (first thing in the morning and then later in the afternoon - on an empty stomach). Do this for 2 - 3 days before increasing your dose.
- It's important to take MSM TWICE per day.
- Don't take MSM too late in the day or in the evening. It can increase energy and keep you awake.
- MSM has a great synergistic relationship with vitamin C (they work brilliantly together) so it's a good idea to take MSM with the juice of a whole lemon (with some liquid Stevia or organic honey to sweeten if you like). This is an optional but I recommend you do this because both the lemon and the MSM are great for the liver.
- Keep in mind that there may be some detox effects when first taking MSM. This is normal because MSM increases the body's glutathione production and will detox the liver. These effects can be headaches, low energy, aches and pains and sometimes feeling sad. To minimize these effects, make sure you increase dosage very slowly to allow your body to adjust. If you do find these effects a little too much to handle, drop your dose down a little and then increase back up SLOWLY once the symptoms have gone.
- Drink plenty of water during this initial phase and especially if experiencing these detoxing effects. The additional water will help flush the toxins being released from the liver from your body. Adding freshly squeezed lemon to your water will also help as this will assist further with neutralizing the toxins. Although these detox effects can be a little unpleasant to start with, they should not last long (a couple of days).
- After 3 - 4 days, and assuming you are not detoxifying too quick, start building up your doses SLOWLY. You may need to build up to 1 – 3 teaspoons TWICE each day over the following couple of weeks for MSM to do its magic.
- You can take more MSM if needed – just increase slowly.
- MSM is water soluble so you cannot overdose on it. Your body will pee out what it doesn't need at the time.
- Once you reach the point where you have been feeling the benefits of MSM but increasing your dose makes no difference, stay on that dose for a few more days and then slowly reduce until you reach a point where you feel your results starting to decrease. At this point you need to increase back up to your previous dose and this will be your 'sweet spot'. You will need to stay on this dose.
- MSM has a bitter taste – don't let this distract you as the benefits can be enormous. Use Stevia or honey to sweeten if you need to.
- It is important that once you start taking MSM you don't stop. You need to be consistent with taking MSM.
- We find that 80% of people taking MSM will experience the wonderful benefits this wonderful mineral supplement can provide. If, however, you find that it's not working for you after increasing dosage up to 3 tsp twice per day, MSM might not be for you. This is okay – at least you tried. Pass it on to someone else – they might love you for this.
- Most people will notice the difference within 10 days to two weeks – don't give up!

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