



Life Long Products
4 Summer Lane, Sutton Coldfield, B76 9AU. Tel: 0870 770 7661

MSM Drops Information Sheet

What are MSM Drops?

MSM (Methyl-Sulfonyl-Methane) is a natural sulphur that resides in the body. The MSM Drops when used in the eye can provide the cellular nutrition necessary to make the corneas and outer tissues in the eye soft and permeable.

The optical tissue normally allows fluids to flow through the membrane wall, which acts like a filter, supplying nutrition and cleaning out particles, keeping your eye clear so your vision is good. When the membranes become tough like leather, fluids are trapped, and particles start to build up. If the build up continues, it will seem as if you are looking through frosted glass. Our eyes should also be flexible, so the muscles can change the eye's contour and focus. When the eye membranes and muscles become tough, the eye cannot focus properly and vision becomes blurry.

MSM drops soften the membranes, allowing fluids to pass through the optical tissues. When optical membranes become permeable, nutrition is able to penetrate through the optical tissues, therefore providing the body with the nutrients needed to heal it. MSM softens leathery tissue, equalises pressures, helps to repair damaged membranes, clears up red spots and broken vessels, helps to remove floaters and other eye particles.

When treating irritated eyes, most eye drops and medications deaden the nerves and stop the pain, but the problem is not solved and the discomfort will return, meaning more eye drops have to be purchased to relieve the discomfort.

MSM drops are very effective for, tired, strained eyes after work or driving, they are also wonderful to refresh your eyes after you remove your **contact lenses**. Some contact lens users have reported that the drops are better than saline solution, because MSM drops provide soothing, lasting relief with no burning or stinging. Some health care practitioners are using MSM eye drops and are finding that their patients are seeing great results.

Ingredients:

Sterilised Water

MSM (Methyl Sulfonyl Methane)

Ionic Silver

Are MSM Drops Safe to Use?

The Sterile and non-toxic MSM Water Drops are safe enough to use in the eye or ear and contain no chemicals to react with your skin. MSM Water Drops can be used for all topological applications. With the addition of ionic silver, for the reduction of infection, MSM Water Drops are even more effective than ever before.

Handy Tips

**MSM Drops can also be used safely and effectively
in the ear to loosen and soften wax.**

MSM is also available in powder form and can be taken internally as a powerful mineral supplement. The main ingredient in MSM is Sulfonyl (it is **not** related to the common sulphurs), which is a naturally occurring organic compound found in all living plant and animal tissues. It is the vital ingredient in the formation of keratin, collagen and elastin, which give flexibility, tone and strength to muscles, bones, joints, skin, hair and nails.

If you have ever seen a cat or dog chewing on grass and wondered why they are so interested in it, the nutrient they are often after is almost certainly sulphur. Sulphur is the third most abundant substance in our bodies and a human being needs to consume the equivalent of an eighth of a teaspoon per day. As a lot of the sulphur we used to get is lost in modern food processing today, it has become quite common for us to suffer from sulphur deficiencies in our diets. Sulphur's role in your diet and in your body is to make things soft, things external and things internal. At the most fundamental level it softens the cell walls enabling toxins to be more easily released and nutrients to be more easily absorbed. It is also a component of insulin and is therefore vital for energy production.

Foods containing the components of MSM include grains, legumes and fresh unprocessed vegetables, such as garlic, onions, cabbage, broccoli and Brussels sprouts. It is also found in meat fish, poultry, eggs and milk. Nutritionists believe that during the last few decades we have become deficient of this mineral due to many factors, such as over farming; long term storage of foods; more processed and preserved foods and a large increase in the use of fast foods and pre-prepared foods. Therefore, it is vital that we all ensure that we have a sufficient intake of good quality minerals, vitamins and other supplements such as MSM powder.

Anyone interested in purchasing MSM in powder form and/or any other supplements, vitamins and minerals, please contact us for advice, further details and a price list.

Directions for use:

For maximum benefit, use one drop per application, in the eye (or ear), each waking hour. After relief has been noticed, if you wish, you may reduce to a maintenance dose of 1 drop two to three times a day. Please note that contact lenses should be removed before applying the drops, then replace contact lenses, if necessary, one hour after using the drops.

MSM Drops

1 fluid ounce (28grms) per bottle

**One Bottle = £4. 50 Two = £8. 45 Three = £11. 95
plus p & p**

For more information or to order please

Tel: 0870 770 7661 or visit

www.lifelongproducts.com