



HEALTH SOLUTIONS INC.

A Nutraceutical Company

ALLERGIES



[A Multi-Centered, Open Label Trial on the Safety and Efficacy of Methylsulfonylmethane in the Treatment of Seasonal Allergic Rhinitis](#)

Barrager E, Veltmann JR, Schauss AG, Schiller RN

Research summary:

Fifty participants completed the study. They consumed 2,600 mg of MSM orally per day for 30 days. Clinical respiratory symptoms and energy levels were evaluated by a Seasonal Allergy Symptom Questionnaire at the beginning of the study and again on days-7, 14, 21 and 30. Immune and inflammatory reactions were also determined by laboratory tests. After one week, the frequency of upper respiratory signs and symptoms (e.g., runny nose, watery and itchy eyes, nasal obstruction, paroxysmal sneezing) were significantly improved compared to initial levels. At the three-week mark, participants also had significant improvements in lower respiratory symptoms (e.g., coughing, shortness of breath and other lung or chest symptoms). All respiratory improvements were maintained through the 30-day visit. Energy levels increased significantly by day-14, an increase that continued through day-30. Minimal side effects were associated with use of MSM.

Status: Published, J Altern Complement Med 2002; 8:167-73.

[Anti-inflammatory effect of methylsulfonylmethane \(MSM\) in mice](#)

Hasegawa T, Ueno S, Kumamoto S

Research summary:

Researchers investigated three aspects of the anti-inflammatory activity of OptiMSM®: skin damage caused by ultraviolet (UV) light exposure, skin inflammation, and itching. Mice were used in the experiments: UV-irradiated hairless mice for skin damage, ovalbumin-immunized mice for inflammatory skin reaction, and mice injected under the skin with histamine for scratching behavior. Results: 1) OptiMSM suppressed the skin inflammation caused by UV radiation. Animals treated with MSM also had improved weight gain, and no rise in sialic acid (a marker of inflammation) compared to untreated animals. 2) Mice that consumed a 2.5% OptiMSM solution beginning one week prior to the ovalbumin treatment tended to suppress the immediate-phase swelling reaction. 3) Scratching behavior was considerably less in mice that drank 2.5% OptiMSM solution starting one week prior to the histamine injections. Conclusion: Although much remains to be discovered about how MSM fights inflammation, this study confirms that MSM is an anti-inflammatory agent, and that it mitigates abnormal immune reactions that trigger inflammation.

Status: Published, Jpn Pharmacol Ther 2005; 33(12):1217-2

[Suppressive effect of methylsulfonylmethane \(MSM\) on type II collagen-induced arthritis in DBA/1J mice](#)

Hasegawa T, Ueno S, Kumamoto S, Yoshikai Y