

MSM and Hair Growth

There are several benefits of MSM for hair. You can use MSM for hair growth if you want to make your hair thicker. The great thing about using MSM in this case is that it is a natural way to help the problem. Some hair loss "cures" are not even close to being natural substances.

Taking MSM for Hair Growth

When it comes to MSM, hair loss is something that it can help with. That is because MSM is a sulfide which is said to stimulate hair growth. MSM is appearing in topical creams for this purpose. However, you can also take it internally in supplement form.

The added benefit of taking it internally is that it will do more for your body than simply help your hair. It will also help your nails and skin and any arthritis like pains that you may be experiencing.

Keep in mind that hair loss could also indicate a lack of nutrition in your body. It is a good idea to take a multi vitamin and mineral formula with a wide range of healthful ingredients. We like [Total Balance by Xtend-Life](#) (containing 68mg elemental Sulfur). They have several different formulas so just choose the one that fits your lifestyle.

MPB Research

TRIAL SHOWS MSM IMPROVES HAIR AND NAIL GROWTH

A recent, double-blind, placebo-controlled, pilot trial, performed by Ronald M. Lawrence, M.D., Ph.D., showed that 100% of the subjects on MSM (methyl-sulfonyl-methane), a nutritional supplement that provides biologically active sulfur, showed increased hair growth compared to the group on placebo. Only one subject on placebo showed an increase in hair length. In addition, 30% of the subjects on MSM showed improvement in hair brilliance, while none of the subjects on placebo showed such an improvement. A second double-blind, placebo-controlled, pilot trial, conducted simultaneously, showed that 50% of the subjects on MSM showed increased nail length and nail thickness growth compared to the group on placebo. Approximately 10% of those on placebo showed increased nail length growth. None of the subjects on placebo showed an increase in nail thickness. Cathleen London, M.D., a Boston-based family practitioner, said "I have been prescribing MSM for my patients experiencing pain from arthritis and fibromyalgia, and they kept saying how great their hair and nails looked. It's good to see an efficacy study confirm that there are benefits in this area."

Pure MSM was used in both studies.

Based on the results of the trials, Dr. Lawrence concluded: "Oral supplementation with MSM is a valuable addition to hair and nail growth. Hair and nail health was significantly improved in a short term of six weeks. If the trials were continued for eight to sixteen weeks, the results would have been

even better for those on MSM.” The hair trial involved a total of 21 patients — 5 women and 16 men. Data was collected by certified cosmetologists under the direction of Dr. Lawrence. The trial parameters included hair length, brilliance, and diameter of the individual hair shafts using industry standard measurement scales. The nail trial involved a total of 11 subjects — 10 women and 1 man. Again, data was collected by certified cosmetologists. Trial parameters included nail length, thickness, luster and general appearance using industry standard measurement scales. “All subjects supplemented with MSM were duly impressed with the changes in the health and appearance of their hair,” said Dr. Lawrence. “The cosmetologists literally could differentiate which participants were on MSM* by the appearance of the hair, alone, after six weeks.”