



## Add OptiMSM<sup>®</sup> for sports nutrition\*

Heavy and sustained periods of exercise generate large quantities of free radicals which exceed the body's natural antioxidant defenses. Vigorous activities such as strength training, CrossFit, running, cycling, swimming, football, tennis and soccer, etc.—if performed at challenging levels to increase performance, will cause significant oxidative stress, inflammation and muscle damage. This can result in increased fatigue and reduced performance. MSM (methylsulfonylmethane) is a well-known, research-backed dietary supplement ingredient that's been shown to mitigate oxidative stress from exercise, and help support exercise recovery and performance.\*

### Human studies in resistance and endurance athletes suggest that OptiMSM<sup>®</sup>:

- **Helps to combat exercise-induced oxidative stress\***
- **Reduces exercise-induced pro- inflammatory (IL-6) and increases anti-inflammatory markers (IL-10)\***
- **Reduces muscle damage (creatin kinase)\***
- **Reduces muscle soreness\***
- **Improves recovery\***
- **Might improve performance (maximal isometric force)\***

MSM can help protect muscles from exercise-induced damage and aid recovery.\* Faster recovery allows athletes to return to their exercise routine more quickly, and can help them train at a level where they receive the most benefit. For high-performance and endurance athletes, **FASTER RECOVERY = FASTER GAINS.**

### The Opportunity

- It is estimated that the global sports nutrition market will top \$6 billion by 2018. (Global Industry Analysts, Inc.)
- The American College of Sports Medicine has called "rigorous, high-intensity interval training" the number two fitness trend for 2015 which presents an opportunity for supplements that deliver supporting benefits. (Nutraingredients-usa)
- In the U.S., marathon running races continue to set attendance records, and new branded fitness regimes like Zumba or CrossFit show up regularly. (Food Navigator)



To learn how adding OptiMSM to your next product can help deliver the health benefits your customers are looking for, email [info@bergstromnutrition.com](mailto:info@bergstromnutrition.com) or call **1.888.733.5676 (toll free) / 1.360.693.1833 (local).**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

The information provided is for business and informational purposes by the user and not for use in any manner whatsoever for consumer use or in any manner unless specifically provided for and mentioned. The information provided is specifically for use in evaluation of ingredients and formulas in a finished dosage form and is derived from calculations based on raw material data exclusively owned by Bergstrom Nutrition. Bergstrom Nutrition or their Authorized Distributors do not assume any risk of liability in any manner whatsoever for any commercial or non commercial use of the information so provided.



## Why Add OptiMSM®?

**Purity.** A proprietary 4-stage distillation process that ensures a 99.9% pure product

**Consistency.** Exacting specifications guarantee a product that is always consistent in form and quality

**Safety.** The only GRAS-designated, Kosher and Halal certified, non-GMO, gluten-free, allergen-free, non-shellfish-derived, vegan MSM backed by extensive toxicology data

**Trust.** A branded ingredient manufacturers and consumers recognize and trust worldwide

**Experience.** 25+ years of manufacturing expertise backed by ISO 9001:2008 registration, FSSC22000 certification, HACCP and cGMP compliance

**Transparent operations.** Fully traceable products crafted in the USA at a dedicated MSM facility

**3rd-Party tested.** Identity verification and purity tested to the tightest specifications in the industry

**Scientifically researched.** A growing body of evidence supporting efficacy and a commitment to research that supports new applications and substantiates claims

**Easy formulation.** Product that's stable at high temperatures, is water-soluble and odorless, dissolves quickly, has no pH restrictions, and can be used in capsules, tablets, powders, RTM & RTDs

**Unmatched support.** A direct link to our Technical Support and Customer Service staff for trouble-free interactions every time

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## About Bergstrom Nutrition—We Are MSM

As pioneers in the manufacturing of methylsulfonylmethane (MSM) for human nutrition, we have earned a reputation for producing the safest, purest MSM in the world. With a 25+ year manufacturing history, we provide our clients a direct link to technical expertise that is second to none. At Bergstrom, we proudly stand behind our promise of a trouble-free experience by offering you a superior product that is fully traceable, always consistent and backed by research. Crafted in the U.S.A. through our proprietary distillation process, contact us to learn more about the benefits of adding OptiMSM to your next product.

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