What is Sulfur?

Sulfur is a non-metallic trace mineral. It is often called the “beauty mineral” because of its role in supporting healthy hair and skin. When exposed to heat it gives off a gas called sulfur dioxide, which has a distinct “rotten egg” smell. It is the same gas that is produced when eggs go bad, because they are rich in the sulfur-containing amino acid, cysteine.

Why is Sulfur important and what does it do in the body?

Sulfur is an important trace mineral, which aids the detoxification of many pharmaceuticals including steroid hormones, phenolic compounds and others. It is required for healthy hair and skin and is commonly used to treat psoriasis, eczema and dermatitis. It has also been used to treat rheumatoid arthritis and hay fever. It may also be beneficial in supporting strong tendons, cartilage and ligaments. Sulfur supports the secretion of bile salts, by the gall bladder. It may aid in combating bacterial infection and also plays a part in healthy mental function as it helps to maintain the brain’s oxygen balance. Taurine, a sulphur-containing amino acid has also been used to support individuals with epilepsy.

What amount of Sulfur do you need each day?

Sulfur supplementation comes in two predominant forms methylsulfonylmethane (MSM) and dimethyl sulfoxide (DMSO). The latter is commonly used as a chelating agent in the extraction of heavy metals from the body and in individuals with recurrent cystitis (bladder infections or inflammation). It may interact with other drugs so it is important to seek advice from your health care professional. Sulfur is NOT recommended to use for individuals with candidiasis (a fungal overgrowth) as it may exacerbate the growth of candida species in the gut.

DMSO should not be taken internally except with the guidance of a health care professional. It is especially hazardous for individuals with diabetes, kidney or heart conditions, asthma, or liver conditions. Side effects include nausea, diarrhea, constipation and vomiting.

DMSO should not be used if pregnant or breastfeeding.
Pediatric Sulfur must never be given to a child unless under the guidance of a health care professional.

Adult

There is no recommended dietary allowance for sulfur. The diet usually provides an adequate amount of sulfur.

DMSO (dimethyl sulfoxide) should not be taken internally, except under the instruction from your health care professional.

- Arthritis: An oral dose of 500 - 3,000 mg MSM per day; or a topical dose of a cream or gel with 25% DMSO applied 1 - 3 times per day have been shown in studies to be helpful
- Hayfever: One study suggested 2,600 mg per day of MSM was helpful as an oral supplement.
- Amyloidosis: An oral dose of 7 - 15 g DMSO per day or topical doses of 50 -100% DMSO applied 2 times per week, have been shown in case reports to be helpful

RECOMMENDED DAILY ALLOWANCE
None established

OPTIMAL DAILY ALLOWANCE
up to 1g/Day

The DRI (Daily Recommended Intake) /RDA (Recommended Daily Allowance) of dietary Sulfur are listed below:

Please Note: By definition, the DRI/RDA recommendations apply only to 98% of healthy individuals and are not sufficient for those with higher nutrient requirements based upon their biochemical individuality, genetics, health status, medications, deficiencies, lifestyle, and toxic exposures.
What are possible Sulfur deficiency conditions and symptoms?

- Arthritis
- Brittle nails
- Dry Hair
- Eczema
- Epilepsy
- Frequent bacterial infections
- Leaky gut
- Low glutathione levels
- Poor ability to absorb fat (pale stools)
- Psoriasis
- Rheumatoid arthritis
- Rough skin
- Weak cartilage, tendons and ligaments

What are possible Sulfur excess symptoms?

- MSM (methylsulfonylmethane) has been used safely with no evidence of toxicity. The caveat is advice should be sought from a health care professional where candidiasis is present.
- DMSO (dimethyl sulfoxide) – as already stated, this should not be taken internally except under medical supervision. Side effects of oral DMSO include headache, dizziness, drowsiness, nausea and vomiting, diarrhea, or constipation. Topical DMSO can cause skin irritation.
- DMSO must not be taken by individuals with diabetes, asthma or liver, kidney or heart conditions.
- Industrial-grade DMSO should never be taken.
- DMSO should not be used by pregnant or breastfeeding women.

What steals Sulfur from the body?

There are no known interactions.

What tests can be used to assess Sulfur levels?

Urinary sulfate: creatinine ratio. When the ratio is low, sulfur may be required.
What foods contain the highest amounts of Sulfur?

TOP 10 SULFUR RICH FOODS ARE:

1. **Peanuts**  
   1,520mg/100g

2. **Scallops**  
   570mg/100g

3. **Eggs**  
   350mg/100g

4. **Veal**  
   330mg/100g

5. **Chicken**  
   300mg/100g

6. **Liver**  
   270mg/100g

7. **Onions**  
   250mg/100g

8. **Cabbage**  
   180mg/100g

9. **Spinach**  
   150mg/100g

10. **Chickpeas**  
    133mg/100g

What are the best Sulfur products?

Sulfur as methylsulfonylmethane (MSM) is the most bio-available form. It can be used as a topical cream or lotion. Sulfur can also be accessed from the sulfur-containing amino acids: cysteine, taurine, glutathione and methionine.

REFERENCES

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All the statements, including product labels, supporting literature and/or product manufacturers websites have not been evaluated by FDA. These products are not intended to diagnose, treat, cure or prevent any disease.
What are the very best Sulfur products to buy?

**ProThera MSM**
Bioavailable sulfur source. 750 mg.
Methylsulfonylmethane (MSM) has a demonstrated high level of safety and usefulness as a ready source of dietary sulfur, an important macromineral needed for sulfur-detoxification …

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