

THRESHHold® Real MSM Tablets

SCHEDULING STATUS

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PROPRIETARY NAME (and Dosage form)
THRESHHold® Real MSM Tablets (tablets)

COMPOSITION

Each tablet contains:

Methylsulphonylmethane (OptiMSM®)	1 000 mg
Magnesium stearate	1,30 mg
Silicone dioxide	12,971 mg
Spherolac 100	96,0 mg

PHARMACOLOGICAL CLASSIFICATION

D 34.13 Other (Health Supplement)

PHARMACOLOGICAL ACTION

Methylsulphonylmethane (MSM) acts as a natural anti-inflammatory. Sulphur seems to be important in the strength and maintenance of joint tissue, especially cartilage, as it helps the body's own repair and maintenance systems work better. Sulphur is a major component in tissue repair. MSM is a naturally occurring nutrient that provides the body with essential sulphur and methyl groups that are used in the healing and repair processes.

INDICATIONS

THRESHHold® Real MSM is organically bonded sulphur which assists in reducing inflammation and pain. Helps to preserve normal joint health and functionality. Reduces muscle damage and pain. Reduces oxidative damage. Improves recovery time post exercise. Maintains Glutathione levels. Additionally, it also assists with the alleviation of respiratory symptoms and helps to strengthen normal hair and nail growth.

CONTRA-INDICATIONS

None known.

WARNINGS AND SPECIAL PRECAUTIONS

Do not discontinue use of prescribed medication.

INTERACTIONS

None known.

PREGNANCY AND LACTATION

Safety in pregnancy and lactation has not been established. During pregnancy and lactation, all medicines should be taken under the supervision of a medical practitioner.

DOSAGE AND DIRECTIONS FOR USE

Children younger than 12 years:

For chronic and exercise associated pain take 1 tablet daily with breakfast.

Adults and children 12 years and older:
Chronic Pain:

Take 2-3 tablets daily with breakfast for maintenance.

For chronic pain alleviation a phased approach over two weeks is recommended. Begin with 2 tablets once a day with breakfast for 4 days. On day five increase to 2 tablets twice a day for 4 days*. On day nine increase to 3 tablets twice a day*. Once pain has noticeably improved, the daily dosage of 6 tablets can then be reduced as necessary to reach a maintenance dose of 2 - 3 tablets daily. If required, dosage can safely be further increased without side effects.
*Do not take the last dose too close to bedtime.

Exercise Associated Pain:

Take 2 - 3 tablets daily with breakfast.

During periods of intensive exercise or training, dosage can be increased to 6 tablets daily (3g twice a day).

SIDE EFFECTS

Hypersensitivity to any of the ingredients.

Allergic reactions. In the case of oversensitivity reactions, discontinue use and consult your healthcare practitioner/medical practitioner. THRESHHold® Real MSM should not have any effect on the ability to drive and use of machines.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

None known. Treatment of overdose should be symptomatic and supportive.

IDENTIFICATION

Homogenous, white oblong, uncoated tablets.

PRESENTATION

White, HDPE plastic container containing 60 and 120 tablets with a seal and white, HDPE plastic screw-on cap.

STORAGE INSTRUCTIONS

Store at or below 25 °C in a dry, cool place.
Keep well closed after use. Protect from sunlight.
KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER

To be allocated.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION:

BIOFORCE SA (PTY) LTD
Bioforce House, 130 16th Road, Midrand, Gauteng,
1685, South Africa.

DATE OF PUBLICATION OF THE PACKAGE INSERT

December 2017

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.