

IcePower PLUS - Active every day!

Use IcePower PLUS

- For muscle and joint pains
- For muscle tension
- After muscle stress
- For preventing and reducing swelling

The gel contains **MSM** which helps to strengthen the effect of the IcePower gel

IcePower Plus is suitable for relieving the symptoms of arthritis, arthrosis and tenosynovitis and also for treating stressed muscles and muscle-related back pains.

IcePower PLUS packaging sizes 100 ml and 200 ml



What is MSM?

MSM (methyl sulphonyl methane) is a sulphuric compound of small molecules that is found in certain types of food, such as coffee, tea and green vegetables, and also in various proteins in the human body. Sulphur is one of the minerals essential for humans, and there are many compounds with MSM in cells. The normal quantity of various minerals is about 4% of the total body weight. Sulphur is a building block for various proteins, including creatine. Many enzymes also contain sulphur. MSM is also thought to be present in muscles and in the connective tissue of joints and skin. The sulphur compounds in MSM are easily assimilated by the human body. The content of sulphur in joints is decreased by inflammation.

- MSM helps to reduce inflammation; it helps muscles to recover from stress and prevents muscle aches.
- There is no evidence of MSM causing any allergies.
- Sulphur is essential for synthesizing collagen. Collagen is the most important protein in the tissue connecting the vertebrae, i.e., the fibril and skeleton.
- Sulphur plays a leading role in tissue breathing – a process whereby oxygen and other substances are used for building cells and releasing energy.
- For a long time, MSM has been used in the treatment of joint problems, such as arthritis, arthrosis and tenosynovitis