There is no Recommended Daily Allowance for sulphur in our diet, but we do know what foods provide sulphur. Make sure your diet includes a variety from the following: dairy, eggs, beef, poultry, seafood, onions, garlic, turnips, kale, and broccoli!

Keratin is important for healthy hair and nails. This sulphur containing protein is also a key structural component of the outer layer of human skin!

Collagen gives skin its strength and structure. Sulphur is important its synthesis!

Amino acids produce proteins which in turn produce enzymes critical for life. Sulphur is required to produce two of these amino acids.

Insulin allows the cells of the body to use glucose as energy. Sulphur is a necessity for insulin production!

Arthritis is an inflammation of the joints. Well-designed studies in Israel suggest that soaking in a sulphur spring can help treat certain types of arthritis.

Antioxidants inhibit the oxidation of other molecules preventing cell damage. Sulphur is present in glutathione, one of the most important antioxidants!

Sulphur, with the chemical symbol S, is naturally occurring and can be found at number 16 on the periodic table of elements with a molecular weight of 32. Sulphur is the eighth most abundant element in humans!

For more sulphur information and resources visit: www.SulphurInstitute.org