

# Sulphur and the Human Body



**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.

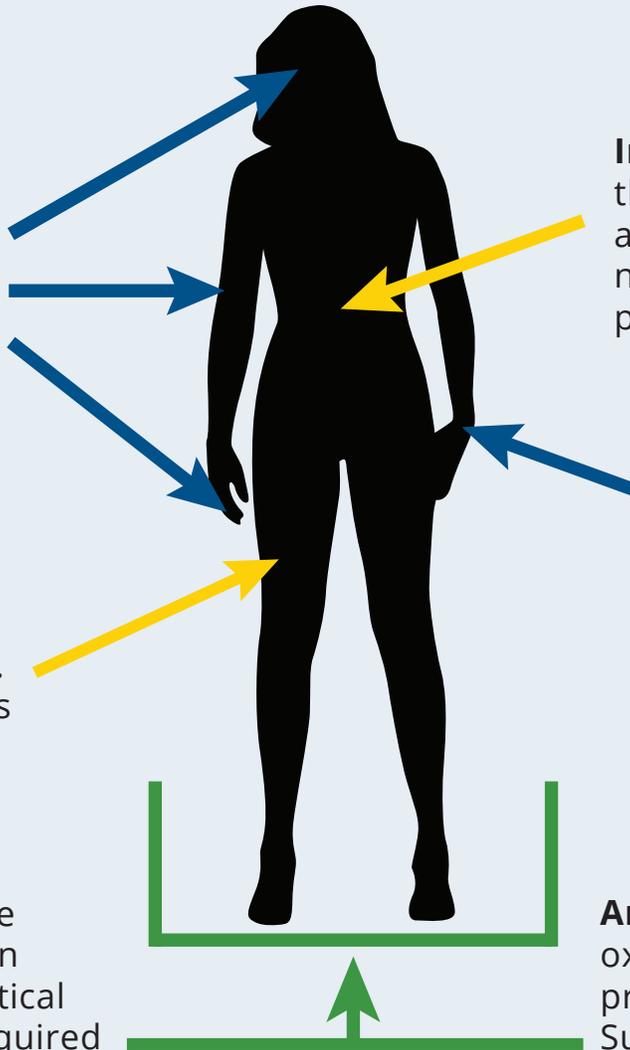


**Sulphur** is the eighth most abundant element in humans!

**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 Isreal 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!

**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!**

