

Dr. Cassaro's MSM Lotion™

Shopping List:

I. Visit your local pet store that carries feed and supplies for horses. Farm supply stores are good places to shop for these ingredients also.

II. Purchase MSM crystalline (1 or 2 lb. jar).

III. Visit your local pharmacy and purchase a 16 oz. bottle of Jergens Lotion (plain/original is best)

IV. 1 Bottle isopropyl Alcohol

Ingredients:

1/3 Cup MSM Crystalline

16 oz. of Jergens Lotion^R

2 Tablespoons of tap water

1 Bottle Isopropyl Alcohol (any brand)

Directions:

Blend MSM, Jergens Lotion, and tap water in medium to large bowl with electric/cake mixer on low.

When completely combined, the mixture will appear to have some granularity.

Continue mixing on low, while adding 1 capful of the isopropyl alcohol at a time. Keep repeating this process until the granularity is gone.

Apply generously to all areas affected by pain. (keep away from eyes and mouth)

To store: Place in plastic container with a tight fitting lid for up to three months.