

L-Methionine

Liver and tissue support[†]

INDICATIONS

- Ages 18 and up
- Liver and tissue support[†]

BENEFITS

- Supports lipid metabolism and healthy hepatic function[†]
- Contains sulfur, an important component of cartilage building blocks[†]
- As a methyl donor, contributes to numerous physiological pathways[†]
- May promote healthy cellular metabolism, enzyme activity and glutathione concentration[†]
- May play a role in healthy pancreatic function[†]

FEATURES

- An essential amino acid
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

L-Methionine is an essential amino acid that contains sulfur, which is an important component of cartilage building blocks such as proteoglycans and glycosaminoglycans. Methionine is incorporated into tissue proteins and enzymes and is a component of active peptides, including methionine enkephalin and various endorphins. One of the main roles of L-methionine is as a methyl donor, contributing to numerous physiological pathways in the body including formation of myelin components. In the methylation pathway, methionine is converted to S-adenosylmethionine (SAME), a methyl donor.¹ Studies suggest that L-methionine promotes healthy cellular metabolism, enzyme activity and glutathione concentration.² L-Methionine, like choline and betaine, is also a lipotropic compound supporting lipid metabolism and healthy hepatic function.³ In combination with antioxidants, L-methionine may also play a role in healthy pancreatic function.^{4†}

SUGGESTED USE

As a dietary supplement, take 1 capsule, 2-3 times daily, between meals.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- L-Methionine is synthetically derived

NOTES

Size 1 caps

Bottle count 60

Order code LM6

Bottle size 120 cc

REFERENCES

1. Niculescu MD, et al. *J Nutr.* 2002 Aug;132(8 Suppl):2333S-5S. (review)
2. Németh K, et al. *Acta Vet Hung.* 2004;52(3):369-78.
3. Oda H. *J Nutr.* 2006 Jun;136(6 Suppl):1666S-1669S.
4. Uden S, et al. *Aliment Pharmacol Ther.* 1992 Apr;6(2):229-40.

SUPPLEMENT FACTS

1 capsule, 2-3 times daily, between meals.

Each (size 1) vegetarian capsule contains:

L-Methionine (free-form) 375 mg

Other ingredients: vegetarian capsule (cellulose, water)



L-Methionine	Quantity	Order Code
	60	LM6

Visit PureEncapsulationsPro.com for more information about our GMO policy.