

L-Methionine Powder

100 grams

Item Catalog Number: 00130

L-methionine is an antioxidant found in meat and dairy products. In the body, methionine acts as a methyl donor in biochemical pathways and can be converted to SAMe, a natural compound that supports liver function. Supplemental L-methionine is especially recommended for people on a vegetarian diet.154-164

References

Supplement Facts

Serving Size 1/4 rounded teaspoon (approx. 700 mg)

Servings Per Container approximately 142

Amount Per Serving

L-Methionine

700 mg

Other ingredients: none

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take 1/4 level teaspoon daily on an empty stomach, or as recommended by a healthcare practitioner.

Caution

To prevent accumulation of harmful homocysteine, adequate folic acid, and vitamins B6 and B12 should be taken with L-methionine. Supplementing with TMG (trimethylglycine) will also aid in this process. Cancer patients should not take L-methionine because of its tendency to feed tumors.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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