

# L-Methionine 500mg

(Free-form)

## Presentation

A white/cream powder in a hard shell capsule.

### Each capsule delivers:

L-Methionine 500mg

### Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Magnesium Stearate, Silicon Dioxide.

**Disintegration time:** Less than 30 minutes.

**Suitable for vegetarians**  **and vegans** 

**quantity**  
60

**type**  
capsules

**code**  
8318



## Uses

Methionine is an essential sulphur-containing amino acid which is converted in the body to cysteine, carnitine, glutathione, taurine and nucleic acids.

- Important amino acid in growth and repair of tissues, especially in cases of injury and trauma
- Can be used in detoxification but B vitamins should be given in conjunction
- Methionine is converted to S-Adenosyl-L-methionine (S-AdoMet) in the liver which is a powerful antioxidant
- Low levels of S-AdoMet have been linked to low mood.

### Usage and administration

1 to 2 capsules daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

### Allergen advice

None (see page 194).

### Cautions

This product is not recommended for children, or pregnant or lactating women.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

