

ACTUAL SIZE

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108
Made in the U.S.A. www.nowfoods.com

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

L-Methionine is classified as an essential amino acid, which means that it cannot be manufactured by the body. It must be obtained through the diet or by supplementation. L-Methionine supports the production of the cellular antioxidant, glutathione, and thereby assists in natural detoxification processes. In the body, L-Methionine can also be converted into SAMe (S-Adenosyl-Methionine), a compound that supports healthy joints.*

SUGGESTED USAGE: As a dietary supplement, take 2 capsules daily as needed, preferably on an empty stomach. Consider taking this product in combination with NOW® Choline, Inositol, Lecithin and Silymarin.

L-Methionine

ESSENTIAL AMINO ACID

500 mg

- Supports Detox Mechanisms
- Joint Health*
- With Vitamin B-6

100 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 50

	Amount Per Serving	% Daily Value
Vitamin B-6 (from Pyridoxine HCl)	20 mg	1000%
L-Methionine (Free-Form)	1.0 g (1,000 mg)	†

† Daily Value not established.

Other ingredients: Gelatin (capsule), Magnesium Stearate (vegetable source) and Silica.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

NOW® L-Methionine is the natural L-form of this amino acid. The synthetic DL-form is never used in any of our amino acid products.

Store in a cool, dry place. Please Recycle.