

**Directions:** As a dietary supplement, take one capsule daily or as directed by a healthcare practitioner.

**Bluebonnet's L-Methionine 500 mg Capsules** provide the pharmaceutical grade, free-form amino acid L-methionine in its purest crystalline form from Ajinomoto. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Manufactured by  
**Bluebonnet Nutrition Corporation**  
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# Bluebonnet



# L-Methionine 500 mg

Free-Form Amino Acid  
Dietary Supplement  
**30 Vegetable Capsules**



## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
L-Methionine (free-form)	500 mg	*

\* Daily Value not established.

Other ingredients: Kosher vegetable capsules, vegetable magnesium stearate, silica.

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700