

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

**Bluebonnet's L-Methionine 500 mg Capsules** contain 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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Manufactured by  
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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