

Suggested Usage: Take 2 capsules daily as needed, preferably on an empty stomach. Do not exceed the recommended daily dose.

L-Methionine is an essential amino acid, which means that it cannot be manufactured by the body and must be obtained through the diet or by supplementation.

L-Methionine supports the production of the cellular radical scavenger 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.* Furthermore, the human body relies on ingested sulfur amino acids, such as L-Methionine, for the synthesis of protein, as well as for biologically active sulfur.*

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

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. L-Methionine may increase the blood levels of homocysteine in some individuals. Keep out of reach of children.

CAPSULE SIZE

CODE 0117 V2



Amino Acids

Family owned since 1968.

L-Methionine 500 mg

Essential Amino Acid

- Supports Detox Mechanisms*
- Sulfur Amino Acid
- 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 g (1,000 mg)	†

† Daily Value not established.

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

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Do Not Eat Freshness Packet. Keep in Bottle.

Natural color variation may occur in this product.

Please Recycle.

