**I-Methionine**

**What Is It?**

I-Methionine is an essential amino acid that provides nutritional support for the building blocks and proteins of the human body.*

**Uses For I-Methionine**

**Various Physiological Support Properties:** Methionine contains sulfur, an important component of cartilage building blocks such as proteoglycans and glycosaminoglycans. Methionine is incorporated into tissue proteins and enzymes and is a component of active peptides, including methionine enkephalin and various endorphins. One of the main roles of methionine is as a methyl donor, contributing to numerous physiological pathways in the body including formation of myelin components. In one such pathway, methionine converts to s-adenosylmethionine. In studies, L-methionine has demonstrated the ability to promote healthy cellular metabolism, enzyme activity, and glutathione concentration. Methionine, like choline and betaine, is also a lipotropic compound supporting lipid metabolism and enhancing healthy hepatic function. In combination with antioxidants, methionine may play a role in healthy pancreas function.*

**What Is The Source?**

Pure Encapsulations L-Methionine is synthetically derived.

**Recommendations**

Pure Encapsulations recommends 2–3 capsules per day, in divided doses, between meals.

**Are There Any Potential Side Effects Or Precautions?**

At this time, there are no known side effects or precautions of supplemental L-methionine in the dose recommended. If pregnant or lactating, consult your physician before taking this product.

**Are There Any Potential Drug Interactions?**

At this time, there are no known adverse reactions when taken in conjunction with medications.

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<th>I-Methionine</th>
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<tr>
<td>each vegetable capsule contains</td>
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<td>L-methionine (free-form) ............................................................. 375 mg.</td>
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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.