

L-Methionine

DESCRIPTION

L-Methionine, provided by Douglas Laboratories®, supplies 500 mg of this essential amino acid.

FUNCTIONS

Amino acids have many functions in the body. They are the building blocks for all body proteins—structural proteins that build muscle, connective tissues, bones and other structures, and functional proteins in the form of thousands of metabolically active enzymes. Amino acids provide the body with the nitrogen that is essential for growth and maintenance of all tissues and structures.

Aside from these general functions, individual amino acids also have specific functions in many aspects of human physiology and biochemistry. Amino acids serve as precursors for many nitrogenous substances. These include heme, purines, pyrimidines, hormones, and neuro-transmitters, including biologically active peptides.

L-Methionine is an essential amino acid, meaning that it must be obtained it from the diet, since the body cannot synthesize it from other amino acids. The amino acid plays an important role in the body with methyl group metabolism, which is essential for normal liver and neurological function. Methionine can also act as free radical scavenger, making it useful to support the body’s antioxidant defenses.

INDICATIONS

L-Methionine may be a useful dietary adjunct for individuals wishing to supplement their diet with this amino acid.

FORMULA (#7937)

1 Capsule contains

L-Methionine 500mg

SUGGESTED USE

Adults take 1 capsule daily or as directed by physician.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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REFERENCES

McAuley DF, Hanratty CG, McGurk C, et al. Effect of methionine supplementation on endothelial function, plasma homocysteine, and lipid peroxidation. *J Toxicol Clin Toxicol* 1999;37:435–40.

Shaw GM, Velie EM, Schaffer DM. Is dietary intake of methionine associated with a reduction in risk for neural tube defect-associated pregnancies? *Teratology* 1997;56:295–9.

Toborek M, Hennig B. Is methionine an atherogenic amino acid? *J Optimal Nutr* 1994;3:80–3.

Uden S, Bilton D, Nathan L, et al. Antioxidant therapy for recurrent pancreatitis: placebo-controlled trial. *Aliment Pharmacol Ther* 1990;4:357–71.

Young SN, Shalchi M.
The effect of methionine and S-adenosylmethionine on S-adenosylmethionine levels in the rat brain. *J Psychiatry Neurosci*. 2005 Jan;30(1):44-8.

For more information on L-Methionine visit douglaslabs.com

† 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.