



Methyl Complete

Enhanced Nutrient Support for Healthy Methylation & Homocysteine Metabolism*

Methyl Complete is a comprehensive formula providing L-5-methyltetrahydrofolate (as patented Metafolin®)—a biologically active form of folate—as well as key methylation-supporting nutrients such as N-acetyl-L-cysteine, betaine HCl, and vitamin B12. These nutrients work synergistically to encourage healthy homocysteine metabolism and a variety of other essential biological processes.*

How Methyl Complete Works

Vitamin B9 (folate) has extensive actions in the human body, with research showing it is necessary for a multitude of vital processes, such as supporting healthy DNA synthesis, healthy homocysteine metabolism, nervous system support, promoting energy production, and more.*¹

Unfortunately, the folic acid found in food and many nutritional supplements needs to go through several enzymatic conversions to be converted to its bioactive form L-5-MTHF (and not everyone is able to properly metabolize dietary folic acid into L-5-MTHF).²

As such, supplementing with L-5-MTHF and other methylation-supporting nutrients, like betaine HCl, N-acetyl-L-cysteine (NAC), and methylcobalamin (vitamin B12) can support cardiovascular health by encouraging healthy homocysteine metabolism.* Folate also works along other B vitamins and minerals in Methyl Complete to promote healthy DNA function, as well as support healthy hemoglobin function—a protein found in red blood cells that transports oxygen and carbon dioxide throughout the body.*

Methyl Complete Supplementation

Research cited herein suggests that the nutrients in Methyl Complete play key roles in methylation processes within the body, especially in the regeneration of methionine from homocysteine.* In turn, these nutrients help support a variety of biological processes that are vital to health and longevity.*

To summarize, the most pertinent research-backed benefits of supplementation with Methyl Complete may include:

- Supports methylation and homocysteine metabolism*
- Supports cardiovascular function and energy production*
- Supports cognitive function and healthy mood*
- Helps promote healthy DNA function*
- Helps metabolize amino acids*



Form: 120 Capsules

Serving Size: 2 Capsules

Ingredients	Amount	%DV
Riboflavin	1.6 mg	123%
Vitamin B6 (as pyridoxine HCl)	25 mg	1,470%
Folate (as calcium L-5-methyltetrahydrofolate) (480 mcg folic acid)	800 mcg DFE	200%
Vitamin B12 (as methylcobalamin)	1 mg	41,670%
Zinc (as zinc citrate)	1.5 mg	14%
Manganese (as manganese citrate)	0.4 mg	18%
Molybdenum (as molybdenum amino acid chelate)	15 mcg	34%
N-Acetyl-L-Cysteine	600 mg	**
Betaine HCl	500 mg	**

Other Ingredients:

Hypromellose (capsule), microcrystalline cellulose, vegetable stearic acid, rice concentrate, silicon dioxide.

Directions:

Take two capsules once daily, or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



* 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.

References:

1. Lucock, M. (2000). Folic acid: nutritional biochemistry, molecular biology, and role in disease processes. *Molecular genetics and metabolism*, 71(1), 121-138.
2. Blom, H. J., & Smulders, Y. (2011). Overview of homocysteine and folate metabolism. With special references to cardiovascular disease and neural tube defects. *Journal of inherited metabolic disease*, 34(1), 75-81.