

Solgar's L-Methionine Vegetable Capsules are free of corn, yeast, wheat, soy, gluten and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

Solgar's KOF-K certification #K-1250

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free
1-877-SOLGAR 4

www.solgar.com



L-METHIONINE

500 mg

(FREE FORM)

DIETARY SUPPLEMENT
90 VEGETABLE CAPSULES
SUITABLE FOR VEGETARIANS
SUGAR, SALT AND STARCH FREE



Supplement Facts

Serving Size 1 Vegetable Capsule

Amount Per Serving

L-Methionine	500 mg*
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*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Silica, Vegetable Magnesium Stearate.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily with juice or water, between meals, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your health-care practitioner before taking any dietary supplement.

Keep out of reach of children.

L-Methionine is a sulfur-bearing essential amino acid.

Long chains of molecularly bonded individual amino acids form protein. The body must first break these molecular (peptide) bonds for amino acid absorption to take place. Solgar's free form amino acids are already in their simplest form (no peptide bonds) and can be readily absorbed into the bloodstream.

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CAREFULLY MANUFACTURED BY:
SOLGAR VITAMIN AND HERB, LEONIA, N.J. 07605 U.S.A.

