

L-Methionine is an essential amino acid that acts as an antioxidant. The body is able to convert methionine to cysteine which acts as a precursor to the detoxifying antioxidant L-Glutathione. Methionine is also lipotropic, helping to support fat metabolism. This formulation provides Free Form L-Methionine to promote optimal absorption and assimilation.\*

\*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.

Carefully Manufactured by:  
Solgar, Inc., 500 Willow Tree Road  
Leonia, NJ 07605 U.S.A.

For more information, call toll-free  
1-877-SOLGAR 4  
[www.solgar.com](http://www.solgar.com)

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# L-METHIONINE 500 MG

FREE FORM  
DETOXIFYING ANTIOXIDANT\*

GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGETARIANS



90 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving

L-Methionine	500 mg**
(Free Form)	

\*\*Daily Value not established

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

**FREE OF: Gluten, Wheat, Dairy,  
Soy, Yeast, Sugar, Sodium,  
Artificial Flavor, Sweetener,  
Preservatives and Color.**

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) to two (2) vegetable capsules daily, 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 healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification #K-1250

