

L-Methionine is an essential amino acid that acts as an antioxidant promoter. 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:
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SOLGB71768 01C



L-METHIONINE 500 MG

FREE FORM
ANTIOXIDANT PROMOTER*

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) vegetable capsule twice daily, between meals or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

