

# Product Information Sheet



Cardiovascular Support

## Methyl Complex

**V Ve**

### Methylation Support with Folic Acid, B Vitamins & Betaine

Methyl Complex helps to support healthy homocysteine metabolism. Homocysteine is a naturally occurring intermediate compound in the breakdown of the essential amino acid, methionine. If levels of homocysteine are allowed to build up, however, this can have important implications for cardiovascular health. Methyl Complex provides the nutrient cofactors necessary for optimal methionine metabolism.

#### Ingredients:

##### Each capsule typically contains:

Betaine (trimethylglycine, anhydrous)	500 mg
Vitamin B6 (pyridoxine HCl)	25 mg
Vitamin B12 (adenosylcobalamin)	250 µg
Vitamin B6 (pyridoxal-5-phosphate)	5 mg
Folic Acid	450 µg

##### Encapsulated with:

Cellulose  
Vegetable stearate  
Silicon dioxide

#### Features:

Folic acid may be the most significant vitamin in supporting homocysteine balance. It is crucial for the re-methylation of homocysteine to methionine.

Vitamin B6 and P-5-P are components of the amino transferase enzymes and are necessary for trans-sulphuration of homocysteine.

Betaine (trimethylglycine) has also been shown to help balance homocysteine levels.

**Recommendation:** 1-2 capsules between meals twice daily, or as directed.

**Caution:** None known if directions are followed.

**Product Code:** 5709

**Package Size:** 90