



K14

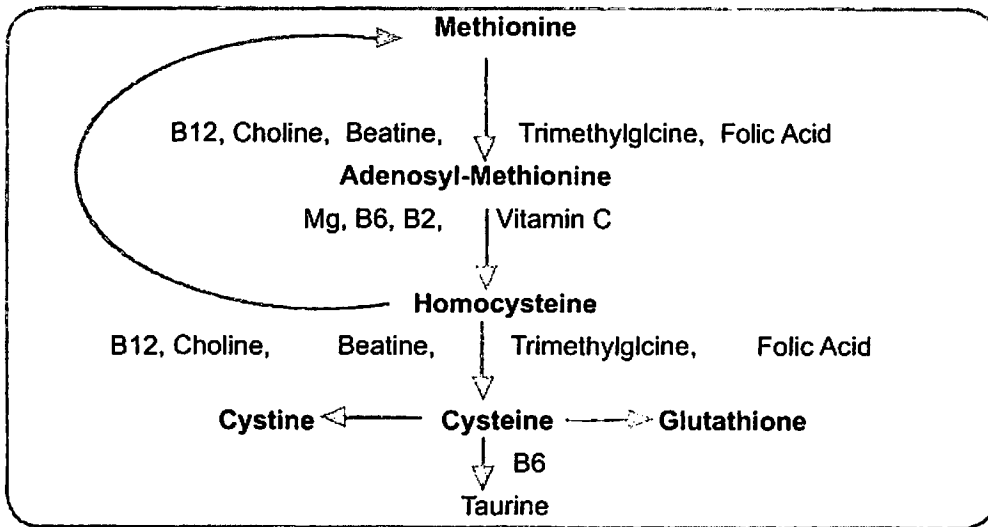
METHYL-SP™

Supports Healthy Methylation Reactions

BENEFITS OF PRODUCT

- This formula contains compounds for healthy homocysteine metabolism
- This formula supports healthy phase II methylation during liver detoxification reactions
- This formula supports bile synthesis and metabolism

USE OF PRODUCT This product helps support healthy methylation reactions. Methylation is the biochemical reaction responsible for the transfer of one-carbon molecules. This chemical reaction is a crucial step in many important biochemical pathways and is dependent on essential nutrients to act as cofactors. Altered methylation reactions have been associated with elevated homocystiene, dementia, depression, compromised Phase II detoxification, birth defects, etc. This product should be considered by all women that use oral contraceptives because it contains the essential nutrients that are depleted while on the birth-control pill.^{1 2 3 4 5 6 7 8}



Supplement Facts

Serving size 2 vegetarian capsules
Servings per container 45

Amount Per Serving	% Daily Value
Vitamin C	50 mg 83%
Vitamin E	20 IU 66%
Vitamin B6	10 mg 500%
Folic Acid	1200 mcg 300%
Vitamin B12	600 mcg 10000%
Magnesium	140 mg 35%
Choline (soy)	50 mg *
Trimethylglycine	550 mg *
MSM	50 mg *
Beet root	50 mg *
Betaine HCl	60 mg *

*Daily value not established.
Other Ingredients: magnesium citrate, choline bitartrate, ascorbic acid, alpha tocopheryl acetate, vegetable cellulose (vegetarian capsule), pyridoxal-5 phosphate, silica, methylcobalamin.

DIRECTIONS

Take 2 capsules, 2-3 times a day, or as directed by your healthcare professional.

OTHER PRODUCTS

If methylation support is used for detoxification support, then Metacrin-DX™ (K10) and BileMin™ (K11) should be considered. If methylation support is used for estrogen balance, then Estrovite® (K05) should be considered. If methylation support is used for cardiovascular function, then Super EFA Complex™ (K08) and OmegaCo3™ (K07) should be considered.

REFERENCES

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Statements in this flyer have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Formula
Info Page**

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