

## L-Methionine 500 mg 60 Capsules

EAN: 5055148411008

FABRICANTE: LAMBERTS



*L-Methionine 500 mg. Essential amino acid. Amino acids are used by the body to build proteins.*

### DESCRIPTION

Amino acids are used by the body to build proteins.

Proteins are essential for the formation of cells, and are also linked to the biochemical structure of hormones, enzymes, neurotransmitters and antibodies.

Amino acids are classified as essential or non-essential.

Essential amino acids cannot be synthesized in the body and must be obtained through diet, while non-essential amino acids, although extremely important for health, can be synthesized in the body and are therefore not classified as "essential."

LAMBERTS<sup>®</sup> amino acids are in "free form", that is, they are ready to be absorbed and used by the body (they do not need to be digested).

Methionine is an essential amino acid.

Fruits and vegetables are generally low in methionine, but high levels of methionine can be found in eggs, nuts, fish, and meats.

Methionine is a sulfur-containing amino acid and, together with cysteine, represents the main source of sulfur in our diets.

LAMBERTS<sup>®</sup> amino acids are in "free form", that is, they are ready to be absorbed and used by the body (they do not need to be digested).

LAMBERTS<sup>®</sup> L-Methionine is presented in its free form and each capsule provides a total of 500 mg of L-Methionine.

It is manufactured in the UK under strict GMP pharmaceutical manufacturing standards.

Cream colored powder in a clear hard capsule.



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### Each capsule provides:

L-Methionine 500 mg

### Disintegration time:

Less than 30 minutes.

Suitable for vegetarians and vegans and free of lactose and gelatin.

### Allergen note

The following list of allergens are excluded: wheat, barley, soya, eggs, milk (and dairy products), lactose, nuts, sulphites, celery, fish, shellfish, yeast and gluten.

### Precautions

This product is not recommended for children or pregnant or breastfeeding women.

### Instructions for use

Take 1 capsule daily with water or fruit juice.

Amino acids are best taken half an hour before any meal or just before going to bed.

Do not exceed the expressly recommended daily dose.

One container lasts: 60 days max.

