



# MethylCare

Support for Methylation & Healthy Homocysteine Metabolism

**Methyl Care** features L-5-methyltetrahydrofolate—a body-ready, nature-identical folate—along with N-acetyl-L-cysteine (NAC), vitamins B6 and nature-identical B12, and betaine. Together, these nutrients support methylation and promote healthy homocysteine metabolism.

## Why Methyl Care?

- Provides key nutrients clinically shown to support healthy homocysteine metabolism and methylation (homocysteine is a well-established, independent risk marker for cardiovascular health and disease risk)
- Optimal methylation is key to neurotransmitter production and cognitive health
- Methylation supports healthy estrogen detoxification
- Provides methylated forms of folate and vitamin B12 for optimised bioavailability
- An excellent source of body ready folate and B12 for at risk patients such as those with IBD or vegetarians
- Critical for overall health and wellbeing

**Form:** 60 Capsules  
**Serving Size:** 1 Capsule

Ingredient:	Amount Per Serving
Riboflavin	0.8 mg
Vitamin B6 (as pyridoxine HCl)	12.5 mg
Folate (as calcium L-5-methyltetrahydrofolate)	665 mcg DFE
Vitamin B12 (as methylcobalamin)	500 mcg
Zinc (as zinc citrate)	0.75 mg
Manganese (as manganese citrate)	0.2 mg
Molybdenum (as molybdenum glycinate)	7.5 mcg
N-Acetyl-L-Cysteine	300 mg
Betaine HCl	250 mg

**Other Ingredients:** Capsule (hydroxypropylmethylcellulose), silicified microcrystalline cellulose, stearic acid (vegetable), magnesium stearate (vegetable), and silica.

**Directions:** Take 1 capsule once daily, or as directed by your healthcare practitioner.

**This product is non-GMO, gluten free and vegetarian.**

**Caution:** If pregnant or nursing, or taking medications, please consult your healthcare practitioner before use. Keep out of the reach of children.

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.