METHYL ADVANTAGE

Methylation is becoming one of the most recognized, foremost approaches to supporting overall health. From the brain to the cardiovascular system, from detoxification capabilities to energy production, the accessibility of methyl groups is essential to health. This formula goes beyond conventional usage and provides unparalleled methylation support.

The health of the methylation process depends on the health of the folate cycle. Because multiple roadblocks to healthy methylation may exist, **Methyl Advantage** provides the most active and bioavailable forms of its ingredients to support the provision of methyl groups and the remethylation of homocysteine to methionine.*

Vitamin B2
This vitamin helps the body convert other B vitamins for use, and is critical for the utilization of B6 and folate. It supports methylation through supporting those conversions, and also supports growth, red blood cell formation and normal levels of homocysteine.*

Vitamin B6
B6 is a required element of the folate cycle. The trans-sulfuration pathway, where cystathionine breaks down to cysteine and homoserine, is B6 dependent. This reaction results in cysteine, a precursor of glutathione, and supporting its health is another way (aside from supporting methylation) to support normal homocysteine levels.* Vitamin B6 is needed for more than 100 enzymatic reactions in the body, and required for normal brain function, nerve function, and the synthesis of certain neurotransmitters and lipids that are part of the myelin sheath.*

Methyl Aid provides vitamin B6 in the pyridoxal-5-phosphate form. Many supplement formulas include the form of B6 known as PNHCl, which requires an additional enzymatic conversion step in the liver (compared to P-5-P). In order to optimize the body's utilization of B6 for clinical outcomes, P-5-P may be a more advantageous choice.[1]

Vitamin B12 (as Methylcobalamin)
Methylcobalamin is the active form of B12. It does not have to be converted for use, which means it starts working right away. It's also the form used to make methionine synthase enzyme, which converts homocysteine to methionine. A deficiency of B12 can lead to an intracellular deficiency of THF known as the folate trap.

Trimethylglycine (TMG)
Both TMG and DMG impact the homocysteine and folate pathways to provide the opportunity for SAMe to function properly.* TMG is also known for supporting the body's natural production of SAMe, making it a clear choice for supporting normal mood balance.* Betaine, as TMG is also known, is important to liver health because it is able to donate methyl groups during phase 2 conjugation, allowing for the fat soluble or insoluble toxins to become more water soluble and thus better prepared for excretion.* These substances include homocysteine, heavy metals and excess neurotransmitters. When TMG does donate one of its own methyl groups, it deposits DMG (TMG with one less methyl group). This derivative supports neurological function, oxygen utilization, circulation and much more.*

Supplement Facts

Serving Size 1 Capsule

Riboflavin	25 mg
Vitamin B6 (as 75% Pyridoxine HCl and 25% Pyridoxal 5-Phosphate)	50 mg
Folate (as L-Methyltetrahydrofolate Calcium)	2,500 mcg DFE
Vitamin B12 (as Methylcobalamin)	1,000 mcg
Trimethylglycine (Betaine Anhydrous)	500 mg

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, take 1 capsule daily with food, or as directed by your healthcare practitioner.

[1]Mackey AD, Davis SR, Gregory JF III. Vitamin B6. In:Shils ME, Shike M, Ross AC, Caballero B, Cousins RJ, eds. Modern Nutrition in Health and Disease. Baltimore Md: Lippincott Williams & Wilkins; 2006:452

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