

Methyl Complete

Enhanced Nutrient Support for Healthy Methylation & Homocysteine Metabolism*

Methyl Complete Supplementation

Methylation is a fundamental biochemical process that supports detoxification, DNA repair, and energy production. Methyl Complete is scientifically formulated to optimize methylation pathways with a synergistic blend of bioactive B vitamins, methyl donors, and antioxidants.* This targeted formulation provides support for cognitive function, detoxification, and overall cellular health.*

Key benefits of supplementing with Methyl Complete may include:

- Supports healthy methylation and detoxification*
- Promotes optimal cellular function and energy production*
- Promotes healthy hair, skin, and nails by supporting nutrient metabolism*
- Promotes cardiovascular and neurological health*

How Methyl Complete Works

By providing active, bioavailable nutrients that target the core biochemical pathways of methylation and detoxification, Methyl Complete offers comprehensive support for optimal methylation, detoxification, cognitive function, and energy production with the following nutrients and mechanisms of action:*

Riboflavin 5'-Phosphate and Pyridoxal 5'-Phosphate are the active forms of vitamins B2 and B6 that serve as cofactors in energy metabolism, facilitating the conversion of nutrients into usable energy and playing a critical role in healthy neurotransmitter synthesis, which supports cognitive and nervous system health.*¹²

5-Methyltetrahydrofolate is the active form of folate, which ensures the methylation of homocysteine required for healthy cardiovascular and neurological function.* Folate also supports DNA synthesis, which is crucial for cell regeneration and repair.*^{3,4,5}

Methylcobalamin and Adenosylcobalamin are the active forms of vitamin B12, essential for methylation and mitochondrial energy production.* Methylcobalamin supports DNA methylation and detoxification, while adenosylcobalamin promotes cellular energy, both of which are vital for neurological and cardiovascular health.*^{6,7,8}



GLUTEN-FREE



DAIRY-FREE



NON-GMO



cGMP FACILITY

How Methyl Complete Works Continued

Biotin plays a pivotal role in the metabolism of fats, proteins, and carbohydrates, supporting healthy skin, hair, and nails, as well as overall energy metabolism.♦^{9,10}

Zinc Bisglycinate Chelate is a highly bioavailable form of zinc that supports immune function, DNA synthesis, and antioxidant activity, protecting cells from oxidative stress and supporting cognitive function.♦^{11,12}

Trimethylglycine, also known as betaine, is a methyl donor that supports the liver's detoxification processes and promotes healthy homocysteine levels, a key marker for cardiovascular health.♦¹³

N-Acetyl-Cysteine acts as a precursor to glutathione, the body's master antioxidant, supporting detoxification and reducing oxidative stress, which is crucial for maintaining cellular health and immune function.♦¹⁴

Intrinsic Factor ensures the effective absorption of vitamin B12.♦ This glycoprotein promotes B12 bioavailability, which is critical for supporting neurological health and red blood cell production.♦^{15,16}

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

	Amount Per Serving	%DV*
Riboflavin (as riboflavin 5'-phosphate)	30 mg	2,308%
Vitamin B6 (as pyridoxal 5'-phosphate)	10 mg	588%
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	800 mcg DFE	200%
Vitamin B12 (as methylcobalamin and adenosylcobalamin)	1 mg	41,667%
Biotin	500 mcg	1,667%
Zinc (as zinc bisglycinate chelate) (Albion®)	5 mg	45%
Trimethylglycine	700 mg	**
N-Acetyl-L-Cysteine	500 mg	**
Intrinsic Factor (porcine)	25 mg	**

Other Ingredients: Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.

BioFolate® is a federally registered trademark of MTC Industries, Inc.

Albion® is a registered trademark of Balchem Corporation or its subsidiaries.

Directions: Take two capsules once daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

- Kennedy DO. *Nutrients*. 2016;8(2):68.
- Costeira R, Evangelista L, Wilson R, et al. *Clin Epigenet*. 2023;15:166.
- Ehrlich M. *Epigenetics*. 2019;14(12):1141-1163.
- Bekdash RA. *Int J Mol Sci*. 2023; 24(3):2346.
- Coppedè F, Stoccoro A, Tannorella P, et al. *Int J Mol Sci*. 2019;20(15):3754.
- Halczuk K, Kaźmierczak-Barańska J, Karwowski BT, et al. *Nutrients*. 2023;15(12):2734.
- Jeon YM, Kwon Y, Lee S, et al. *Antioxidants (Basel)*. 2021;11(1):82.
- Piquereau J, Moulin M, Zurlo G, et al. *J Mol Cell Cardiol*. 2017;102:34-44.
- Zempleni J, Hassan YI, Wijeratne SS. *Expert Rev Endocrinol Metab*. 2008;3(6):715-724.
- Lohr KM, Frost B, Scherzer C, Feany MB. *Proc Natl Acad Sci USA*. 2020;117(52):33608-33618.
- Prasad AS. *Front Nutr*. 2014;1:14.
- Azimi Z, Isa MR, Khan J, et al. *Heliyon*. 2022;8(10):e10815.
- Arumugam MK, Paal MC, Donohue TM Jr, et al. *Biology (Basel)*. 2021;10(6):456.
- Tenório MCDS, Graciliano NG, Moura FA, et al. *Antioxidants (Basel)*. 2021;10(6):967.
- Vaccaro JA, Naser SA. *Healthcare (Basel)*. 2021;10(1):61.
- Simonenko SY, Bogdanova DA, Kuldyushev NA. *Int J Mol Sci*. 2024;25(9):5044.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For more information, visit: www.nutridyn.com