




L-Methionine 500 mg


500 mg



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Content
100 Piece / Tablets
PZN 3089621
RRP 40,90 €
- 

Recommended intake
3 tablets / day
- 

without
artificial flavorings, artificial conservation, artificial colorants, genetic engineering
- 

free of
granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soya protein/lecithin, gelatine

Sulphur-containing amino acid for fat metabolism.

Burgerstein L-Methionine contains 500 mg L-methionine per tablet. L-methionine is the only essential sulphur-containing amino acid that the body cannot produce itself and must therefore be supplied with food. The daily requirement of a healthy adult is 13 mg / kg body weight. Recommendations for supplementation of methionine are 0.5 - 3.0 grams daily.

Methionine helps to prevent excessive fat deposits in the liver. It also supports the regeneration of the liver and kidneys and has a uric acidifying effect. It has an antioxidant effect and can detoxify heavy metals, for example lead, as well as histamine and ammonia or accelerate their degradation and is needed for the metabolism of selenium.

The product is suitable for vegans and vegetarians.

L-methionine supports...

- ... normal brain function
- ... the structure of the skin, hair and nails
- ... the excretion of heavy metals
- ... and contributes to healthy liver function

L-methionine is an active substance from the group of essential amino acids that is administered to prevent urinary tract infections and phosphate stones. The effects are based on the acidification of the urine by metabolic products of the amino acid.

A deficiency of methionine can lead to metabolic disorders. These include, for example, fatty liver, but also skin and hair growth disorders. A deficiency can also lead to increased tiredness or lethargy. Low methionine levels can also lead to depressive moods.

What foods contain L-methionine?

Methionine is found in many foods. It is abundant in fish (most commonly stock fish), meat, poultry and vegetables (e.g. broccoli, green peas, Brussels sprouts, spinach), egg, wholemeal bread and rice. The daily requirement of methionine for adults is about 13 mg per kilogram of body weight.



Nutritional values	Per daily portion (3 tablets)
L-methionine	1,50 g
Energy kJ	50,00 kJ
Energy kcal	12,00 kcal
Protein	1,50 g
Carbohydrates	1,20 g
Fat	< 0,20 g
thereof saturated fatty acids	< 0,20 mg
bread units (1BE ?12 g of carbohydrates)	0,09

Ingredients: L-methionine, starch, fillers (cellulose, cross-linked sodium carboxy methyl cellulose), anti-caking agents (silicon dioxide, magnesium salts of fatty acids), coating agents (hydroxy propyl methyl cellulose, glycerol), stabilizer (mono- and diglycerides of fatty acids).

Additional information: Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.