



Weekly Practice Builder

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In response to increasing demand from our Practitioners, Biotics Research has implemented a new e-mail program to bring important, leading-edge information and literature to you, thereby helping facilitate the growth of your practice. Biotics Research products are available exclusively through Healthcare Providers.

Our featured supplement of the week is Methionine-200™

Why do your patients need Methionine-200™? Methionine-200™ Methionine is a sulphur-bearing essential amino acid which belongs to a group of compounds called lipotropics. Other lipotropics include choline, inositol, and betaine. As a lipotropic, it assists in the breakdown of fats, and may prevent the accumulation of fatty plaques in arterial adventitia. The body utilises sulphur directly to promote healthy skin and nails. Sulphur also increases the liver's production of lecithin, which reduces cholesterol, reduces fat in the liver, protects the kidneys, reduces bladder irritation by regulating ammonia formation, and helps the body to excrete heavy metals. Additionally, methionine has several secondary roles. It is a precursor to the amino acid cysteine, which in turn is a precursor to glutathione – a prime liver detoxifier. It is also one of the three amino acids required by the body to create creatine monohydrate, a compound essential for energy production and muscle building. Along with adenosine triphosphate (ATP), it is converted to S-adenosyl-L-methionine (SAM or S-AMe), an active compound which serves as a methyl donor. As S-AMe, it helps to regulate gene expression, preserve the fatty membrane that surrounds the cell, and regulate several hormones and neurotransmitters including serotonin, adrenaline, acetylcholine, melatonin, and dopamine. Since the majority of dietary methionine comes from meat and fish, vegetarians, and those with poor diets may also have higher methionine needs.

Why choose Methionine-200™ from Biotics Research Corporation? Each capsule of **Methionine-200™** supplies 200 mg of DL-methionine, 20 mg of L-lysine, and 5 mg of L-cysteine along with super oxide dismutase and catalase. There are two considerations when using methionine: 1) it is best absorbed when taken on an empty stomach, and 2) if using high doses of methionine, it is best to balance it with a supplement that contains both choline and inositol, such as **Bio-B with C™**. Methionine can vary greatly in both concentration and quality, therefore when you purchase **Methionine-200™** from Biotics Research Corporation you can be confident that you are receiving superior quality methionine that has exceeded all biological, purity, and heavy metal testing. As always, you can count on Biotics Research Corporation to offer superior nutritional products supplying *"The Best of Science and Nature."*



Questions? Concerns?
Comments? Nutri-Link
wants to hear from you!

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