



## Supplement Facts

Serving Size 2 capsules  
Servings Per Container 60

Amount Per Serving	% Daily Value	
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	50 mg	2941%
Vitamin B-6 (as Pyridoxine Hydrochloride 40 mg; Pyridoxal-5-Phosphate 10 mg)	50 mg	2500%
Folate (NatureFolate™ blend)	2400 mcg	600%
Vitamin B-12 (as Methylcobalamin)	1000 mcg	16667%
Magnesium (TRAACS® Magnesium LYSYL Glycinate Chelate)	10 mg	3%
Zinc (TRAACS® Zinc Glycinate Chelate)	5 mg	33%
Trimethylglycine (TMG)	500 mg	*
Choline	100 mg	*
Serine	100 mg	*
N-Acetyl-Cysteine (NAC)	100 mg	*

\* Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, silicon dioxide, vegetable stearate.



### Homocysteine Supreme™

**Recommended For: High Homocysteine Levels**

#### What is Homocysteine?

Homocysteine is a sulphur-containing amino acid produced in the body during the metabolism of the essential amino acid, methionine, involving a series of conversions that require enzymes. Homocysteine is a natural substance made by the body, not to be feared, but to be appreciated and controlled. Homocysteine functions at a metabolic crossroad that can affect all the methyl and sulfur group metabolism of key enzymes, hormones, and vital nutrients.

Many important nutrients, especially B vitamins, are needed for these enzymes. The homocysteine pathway that begins with methionine is a multi-faceted, complicated pathway that results in the production of very important amino acids and necessary neurotransmitters, including the sulfur containing amino acids taurine and cysteine and the catecholamines epinephrine and norepinephrine.

#### The Problem with Too Much Homocysteine

Excess homocysteine in the circulation can damage the lining of arterial walls so they become narrow and inelastic. Research suggests that a raised homocysteine level is an independent risk factor for hardening of the arteries, coronary heart disease, stroke, peripheral vascular disease and other conditions associated with abnormal blood clotting. Elevated homocysteine is also linked with a number of other serious medical conditions, including osteoporosis, Alzheimer's disease, multiple sclerosis, rheumatoid arthritis, spontaneous abortion, placental abruption, renal failure, osteoporosis, and type II diabetes. When homocysteine is elevated it reduces nitric oxide (NO) production via increasing levels of ADMA which can increase risk of hypertension and erectile dysfunction.

Synergistic nutrients, found in Homocysteine Supreme, facilitate the efficient metabolism of homocysteine, preventing toxic levels of homocysteine from accumulating. This makes it possible for a functioning pathway to provide necessary methyl groups and sulfur groups for a myriad of biochemical reactions, especially those needed for detoxification, joint and cartilage repair, and brain health.

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

