



**SIMPLY FORMULATED  
TO DELIVER MORE.**

# METHYL BENEFITS™

## Active Forms of B Vitamins and TMG for Cardio and Brain Support\*

- Supports healthy methylation\*
- Helps maintain heart health\*
- Keeps the brain sharp and focused\*
- Helps promote a happy mood\*
- Maintains healthy homocysteine levels\*
- Supports healthy gene expression\*

Methylation occurs in every cell of the body and is involved in reactions that synthesize or metabolize important biochemical compounds. It also acts like a switch that turns genes on and off. Not surprisingly, supporting methylation can affect nearly every essential aspect of health, including your mood, focus and attention, sleep, digestion, cognitive function, and heart health.\* B vitamins are critical for healthy methylation.\* That's why DaVinci® Laboratories created Methyl Benefits™: a powerful methylation-support product with the most bioavailable and beneficial forms of B vitamins together with trimethylglycine (TMG, or betaine).\*

### Support Healthy Homocysteine Levels\*

Maintaining normal levels of the amino acid homocysteine is linked to cardiovascular health.\* Healthy homocysteine also helps maintain cognitive function with age and can support mood and mental health.\* Vitamins B2, B6, B12, and folate, along with TMG, are included in Methyl Benefits™ because of their well-known role in supporting healthy homocysteine.\*

### Stay Happy and Focused\*

Healthy methylation helps us make neurotransmitters such as serotonin and dopamine, brain chemicals involved in mood and mental health.\* Its role in altering gene expression in the brain also means methylation may help preserve cognitive function, support learning and memory, and keep your mind focused on the task at hand.\*

### Multi-Talented Methylation\*

In addition to heart health, mood, and brain function, methylation is involved in joint health, sleep, immunity, free-radical fighting, and normal detoxification.\* All of these benefits of methylation can help contribute to a healthy aging process, so you can feel your best.\*

### Powerful Forms of B Vitamins\*

The activated B vitamins in Methyl Benefits™ do not have to be converted before use—instead, they can go to work right away to support healthy methylation.\* Methyl Benefits™ contains a superior, clinically tested form of folate known as Quatrefolic® 5-MTHF (5-methyltetrahydrofolate), which is more easily used and stored by the body than other forms.\* It also includes the active form of vitamin B6 called pyridoxal-5-phosphate and methylcobalamin, the active form of vitamin B12.\*

### Methyl Benefits™ is recommended for:

- Healthy aging\*
- Cardiovascular support\*
- Neurotransmitter balance and increased well-being\*
- Focus and attention\*
- Homocysteine in the normal ranges\*
- Supporting the body against environmental challenges\*
- Protecting cells from normal wear and tear\*

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

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving	% Daily Value
Riboflavin 25 mg	1,923%
Vitamin B6 (as 75% Pyridoxine HCl and 25% Pyridoxal 5-Phosphate) 50 mg	2,941%
Folate (as L-Methyltetrahydrofolate Calcium) 2,500 mcg DFE	625%
Vitamin B12 (as Methylcobalamin) 1,000 mcg	41,667%
Trimethylglycine (Betaine Anhydrous) 500 mg	*

\*Daily Value not established.

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

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

VEGETARIAN / GLUTEN FREE / SOY FREE

\*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.

© 2023, DaVinci® Laboratories. All rights reserved. DaVinci® is a registered trademark of FoodScience® LLC in the United States and other countries.

WEB: [www.davincilabs.com](http://www.davincilabs.com) E-MAIL: [info@davincilabs.com](mailto:info@davincilabs.com) PHONE: 1-800-325-1776 FAX: 1-802-878-0549

020055F.060  
1223