



**SIMPLY FORMULATED  
TO DELIVER MORE.**

# METHYL BENEFITS™

MADE WITH  
**NON  
GMO**  
INGREDIENTS

Methylation is becoming one of the most recognized, foremost approaches to supporting overall health. From the brain to the cardiovascular system, from detoxification capabilities to energy production, the accessibility of methyl groups is essential to health. This formula goes beyond conventional usage and provides unparalleled methylation support.\*

The health of the methylation process depends on the health of the folate cycle. Because multiple roadblocks to healthy methylation may exist, **Methyl Benefits™** provides the most active and bioavailable forms of its ingredients to support the provision of methyl groups and the remethylation of homocysteine to methionine.\*

Read more about methylation and the folate cycle, as well as possible roadblocks, in the white paper: *On Matters of Methylation*.

## Vitamin B2

This vitamin helps the body convert other B vitamins for use, and is critical for the utilization of B6 and folate. It supports methylation through supporting those conversions, and also supports growth, red blood cell formation and normal levels of homocysteine.\*

## Vitamin B6

B6 is a required element of the folate cycle. The trans-sulfuration pathway, where cystathionine breaks down to cysteine and homoserine, is B6 dependent. This reaction results in cysteine, a precursor of glutathione, and supporting its health is another way (aside from supporting methylation) to support normal homocysteine levels.\* Vitamin B6 is needed for more than 100 enzymatic reactions in the body, and required for normal brain function, nerve function, and the synthesis of certain neurotransmitters and lipids that are part of the myelin sheath.\*

**Methyl Benefits™** provides vitamin B6 in the pyridoxal-5-phosphate form. Many supplement formulas include the form of B6 known as PNHCl, which requires an additional enzymatic conversion step in the liver (compared to P-5-P). In order to optimize the body's utilization of B6 for clinical outcomes, P-5-P may be a more advantageous choice.†

## Folate

It is, as evidenced by the importance of proper MTHFR function, a critical component of healthy methylation.\* It is required for the donation of methyl groups to homocysteine in order to produce methionine. It represents a breakthrough in folate supplementation with regard to activity, stability, and the high bioavailability when compared to folic acid. This form is easily utilized and stored in the body.

## Vitamin B12 (as Methylcobalamin)

Methylcobalamin is the active form of B12. It does not have to be converted for use, which means it starts working right away. It's also the form used to make methionine synthase enzyme, which converts homocysteine to methionine. Low levels of B12 can lead to an intracellular deficiency of THF known as the folate trap.

## Trimethylglycine (TMG)

Both TMG and DMG impact the homocysteine and folate pathways to provide the opportunity for SAME to function properly.\* TMG is also known for supporting the body's natural production of SAME, making it a clear choice for supporting normal mood balance.\* Betaine, as TMG is also known, is important to liver health because it is able to donate methyl groups during phase 2 conjugation, allowing for the fat soluble or insoluble toxins to become more water soluble and thus better prepared for excretion.\* These substances include homocysteine, heavy metals and excess neurotransmitters. When TMG does donate one of its own methyl groups, it deposits DMG (TMG with one less methyl group). This derivative supports neurological function, oxygen utilization, circulation and much more.\*

**Suggested Use:** As a dietary supplement, take 1 capsule daily with food, 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.

\*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.

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