

#### INDICATIONS & COMPOSITION

Methionine is an Essential Amino Acid (EAA) which means it must be obtained from diet or supplementation, since the body is not able to manufacture it. Vegetarian-diets are low in methionine, so it is important for vegetarians to supplement with methionine.

Methionine is essential for liver detoxification since it helps the liver remove poisons from the body (such as acetaldehyde, a toxic by-product of alcohol). Acetaldehyde is also responsible for alcohol hangovers and therefore methionine is useful for the treatment of hangovers and reducing the toxic effects of alcohol.

#### COMPOSITION

Each capsule supplies:  
L-Methionine 500mg  
Inactive ingredients: hypromellose (cellulose) vegetarian capsule shell (gelatin free), titanium dioxide (approved capsule shell colourant E171), pharmaceutical starch (filler), silicon dioxide (drying agent), magnesium stearate (flow agent).  
Contains no preservatives, lactose, gluten or yeast.

#### DIRECTIONS FOR USE

Adults and children 12 years and older:  
As a supplement for a low-methionine diet or for general liver health: one capsule twice daily, with meals. Children under 12 can take one capsule daily.  
As a liver detox, or for the treatment/protection from alcohol excess: 4 capsules as soon as possible after drinking, followed by 2 capsules every 4-6 hours for a 24 hour period.



**SOLAL**  
TECHNOLOGIES  
ANTI-AGING SPECIALISTS™

PRESCRIBED BY DOCTORS  
RECOMMENDED BY PHARMACISTS™

## METHIONINE

AN ESSENTIAL AMINO ACID (EAA)

The most important amino acid supplement for vegetarians  
Detoxifies the liver and treats hangovers

#### WHY SOLAL METHIONINE:

Contains only pure effective L-Methionine, not the less effective DL-Methionine

60 Capsules (1 month's supply)

#### PRECAUTIONS, SIDE-EFFECTS & INTERACTIONS

There are no warnings, side-effects or special precautions. Safe for use during pregnancy (do not exceed a dose of 2 capsules daily if pregnant). Store in a cool dry place, out of the reach of children. Do not exceed recommended doses unless on the advice of a healthcare professional. If you are on prescription medicine or suffering from any medical condition, it is advisable to seek medical advice before beginning any new supplement or remedy.

MANUFACTURED UNDER GMP (Good Manufacturing Practices) FOR:

#### Solal Technologies

PO Box 782484, Sandton, South Africa, 2146  
Tel: (011) 783-3939 • Fax: (011) 783-3399  
email: [solal@solaltech.com](mailto:solal@solaltech.com)  
[www.solaltech.com](http://www.solaltech.com)



6 009663 991575 1

