



## New Year, New Product: Methyl-Action

Protocol For Life Balance® Methyl-Action is a brand new product to support a healthy 2023. Methyl-Action is formulated with active B-vitamins plus trimethylglycine (TMG) to support essential methylation.\*



### Bioactive compounds

- 1,000 mg Trimethylglycine (TMG) (betaine anhydrous)<sup>†</sup>
- 25 mg Riboflavin (from riboflavin-5-phosphate sodium)<sup>†</sup>
- 25 mg Vitamin B-6 (from pyridoxal-5-phosphate monohydrate)<sup>†</sup>
- 1,000 mcg DFE Folate [from Quatrefolic® (6S)-5-MTHF glucosamine salt]<sup>†</sup>
- 1,000 mcg Vitamin B-12 (as methylcobalamin)<sup>†</sup>

<sup>†</sup> Per 2 veg capsules serving



### Bioavailable Compounds

Quatrefolic® significantly increases plasma and red blood cell folate levels better than folic acid.<sup>1\*</sup>

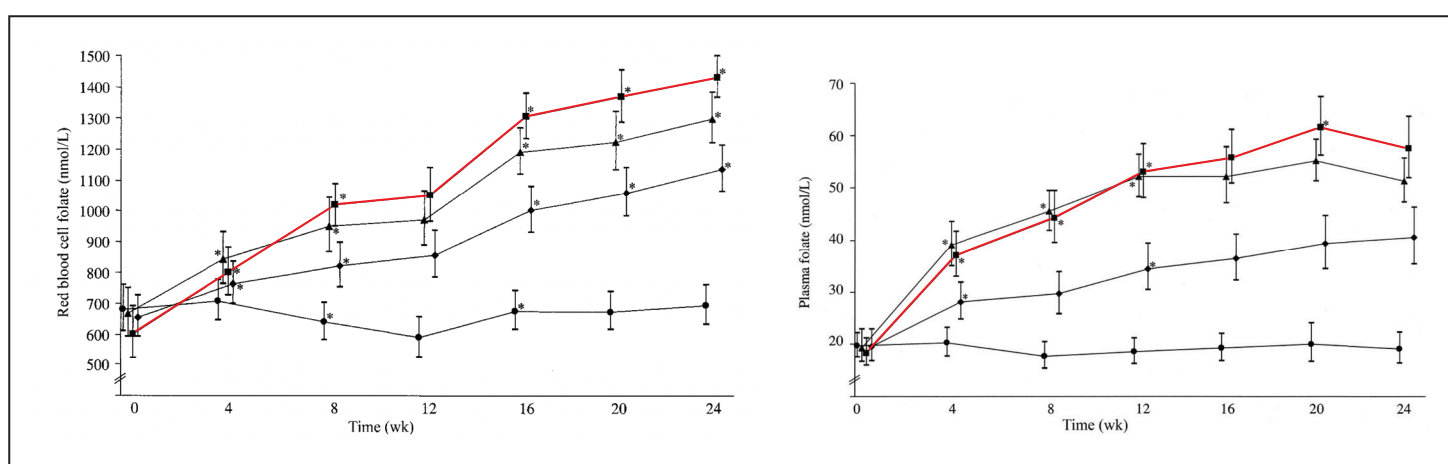
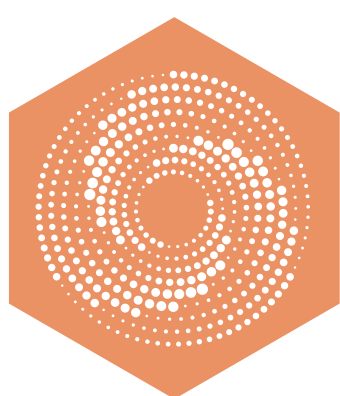


Figure 1: Mean red blood cell and plasma folate concentrations over time after 24 weeks of supplementation with 400 mcg folic acid/d (▲), 416 mcg [6S]-5-methyltetrahydrofolate ([6S]-5-MTHF)/d (■), 208 mcg [6S]-5-MTHF/d (◆), or placebo (●). Bars represent 95% CIs. A significant interaction was observed between time and intervention ( $p < 0.001$ ). The dimension of increase over time (*i.e.*, slope) was significantly greater in the group receiving 416 mcg [6S]-5-MTHF/d than in the groups receiving 400 mcg folic acid/d or 208 mcg [6S]-5-MTHF/d ( $p < 0.05$ ). \* Significantly different from the previous time point within groups. Adapted from Lamers, *et al.*



### Supports vital methylation processes & healthy homocysteine balance<sup>2\*</sup>

Maintaining sufficient DNA methylation is important for healthy aging.<sup>3,4\*</sup>

Maintaining homocysteine levels already within the normal range promotes neurological, cardiovascular, eye, and bone health.<sup>5-11\*</sup>

At Protocol For Life Balance®, we believe that offering the best possible ingredients gives practitioners the ability to recommend products that are both innovative and safe. Methyl-Action is a unique formula specifically created for practitioners who understand the importance of supporting normal methylation reactions as part of the normal aging process.\* As a practitioner you can confidently recommend our Methyl-Action to your patients who wish to rely on one product to maintain homocysteine levels already within the normal range to promote neurological, cardiovascular, eye, and bone health.\*

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\*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.