

THOT
NUTRITION

Produced in
Japan



Assembled in
Romania



No. 1
Worldwide



Bio-Recovery

THOT L-METHIONINE



THOT L-METHIONINE is the amino acid responsible for the following: cell communication, regeneration, inflammation and pain management, DNA repair, advanced protein synthesis, gene expression regulation, brain health and mood enhancement, hair, nails and skin health, cardiovascular health and lipids optimisation, antiohidation and glutathion synthesis.

As all the essential amino acids (EAAs) are indispensable to life and must be taken through diet and/or supplementation, we invite you to view EAAs as basic nutrients, not just as supplements. L-Methionine is one of them.

L-Methionine is the most important amino acid related to protein synthesis, growth and normal development. It is essential in the anabolic phase of the metabolism (the building phase), but also in catabolic phase, playing an essential adaptogen role in the body.

The Japanese companies we collaborate with were ranked in 2022 on the 1st and 2nd place in the World in the production of essential amino acids, which places our product in the 1st place in the World in the Essential Amino Acids segment.



What THOT L-METHIONINE is?

Methionine is a precursor for Cysteine, Taurine, Lecithin, Phosphatidylcholine and Glutathione – the master molecule of all antioxidants, therefore being responsible for proper functioning of many biological pathways. We all know the importance of having glutathione levels restored in our body: once the antioxidant balanced is restored, the body starts to produce energy much more effectively instead of consuming it.

L-Methionine is mostly used in imbalances like depression and anxiety, stress induced toxicity, graying hair and loss, and must be administered with care, under a health specialists supervision.

Only a few know the real key role of L-Methionine in the body: through stimulating the activity and synthesis of muscarinic receptors, L-Methionine represents key element for a feedback loop that is essential for the body to know WHAT to regenerate. This way, the body doesn't waste its resources by regenerating chaotically, but it knows precisely what proteins to synthesize and what to repair with priority.



absorption
in percentage of
98-99%



100% plant
based
formula



ready
to
use



no added flavors
and sweeteners



neutral
taste



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What is THOT L-METHIONINE recommended for?

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When it comes to regeneration, L-Methionine is the essential amino acid responsible for a few very specific processes in the human body and helps repair the cells and tissues at DNA level. L-Methionine is a sulfur-containing essential amino acid, known for its role in protein synthesis, but it also has some unique properties like:

-  - **advanced protein synthesis and growth**
-  - **methylation properties**
-  - **involved in essential feedback mechanisms for muscarinic receptors (COMMUNICATION)**
-  - **antioxidant activity**
-  - **reacting oxygen species scavenging**
-  - **metal chelation**
-  - **regeneration of other antioxidants**
-  - **it is required for normal growth and development**
-  - **it prevents build-up of bad cholesterol**

These pathways all contribute to a healthy and beautiful body, but also to a healthy brain and a beautiful mind. We will now break down these mechanisms for you to better understand how exactly can L-Methionine significantly improve your healthy brain and body development and regeneration.

What is THOT L-METHIONINE good for?

L-Methionine – the “go-to” amino acid for REGENERATION

- for anti-aging and regeneration
- for your mood and brain health
- for your liver & your pancreas
- for your beautiful hair and nails
- for your normal development and recovery

Ingredients:

One bottle of THOT L-METHIONINE contains 120  capsules L-Methionine (520 mg/capsule).

Only L-amino acids are used (the L in front of the amino acids means it is correctly folded to the left - "ortho" means "correct").

Usage:

According to EFSA (European Food Safety Administration) , L-Methionine supplements are reported as safe for administration. The recommended daily intake of L-Methionine can vary depending on a person's age, sex, weight, and activity level.

L-Methionine supplements are usually available in capsules and tablets. The dosage can vary depending on the individual's needs and goals. According to EFSA, the daily required dosage for adults is 10.4 mg/kg/day. This is equivalent to 624 mg/day for 60 kg bodyweight and 832 mg/day for 80 kg bodyweight.

DO NOT take on an empty stomach.



Adults:

Adults 70 kg: **1**/day (30 mg/kg x d-1)

Recommended doses of essential amino acids for adults (WHO/FAO/ONE, 2007)

Aminoacid	mg/kg x d ⁻¹	per adult 70 kg
Leucine	39.00	2,730.00
Valine	26.00	1,820.00
Isoleucine	20.00	1,400.00
Lysine	30.00	2,100.00
Fenylalanine + Tyrosine	25.00	1,750.00
Threonine	15.00	1,050.00
Methionine + Cysteine	10.40 + 4.1	728.00
Histidine	10.00	700.00
Tryptophan	4.00	280.0

Recommended doses for essential amino acids infants, children and adolescents (WHO/FAO/UNU, 2007)

	0.5 years old		1-2 years old		3-10 years old		11-14 years old		15-18 years old	
Aminoacid	mg/kg x d-1	per child 5 kg	mg/kg x d-1	per child 12 kg	mg/kg x d-1	per child 23 kg	mg/kg x d-1	per child 43 kg	mg/kg x d-1	per child 61 kg
Leucine	73.00	365.00	54.00	648.00	44.00	1,012.00	44.00	1,892.00	42.00	2,562.00
Valine	49.00	245.00	36.00	432.00	29.00	667.00	29.00	1,247.00	28.00	1,708.00
Isoleucine	36.00	180.00	27.00	324.00	23.00	529.00	22.00	946.00	21.00	1,281.00
Lysine	64.00	320.00	45.00	540.00	35.00	805.00	35.00	1,505.00	33.00	2,013.00
Fenylalanine + Tyrozine	59.00	295.00	40.00	480.00	30.00	690.00	30.00	1,290.00	28.00	1,708.00
Threonine	34.00	170.00	23.00	276.00	18.00	414.00	18.00	774.00	17.00	1,037.00
Methionine + Cysteine	31.00	155.00	22.00	264.00	18.00	414.00	17.00	731.00	16.00	976.00
Histidine	22.00	110.00	15.00	180.00	12.00	276.00	12.00	516.00	11.00	671.00
Tryptophan	9.50	47.50	6.40	76.80	4.80	110.40	4.80	206.40	4.50	274.50

L-Methionine is more effectively used if taken at least 30 minutes away from meals or snacks. It does not require digestion, only dissolution. It has a very small size and is absorbed directly into the blood, is orthomolecular and does not require metabolism, being ready for use.

Essential amino acids have NO contraindications when used properly and L-Methionine is recognized at European level by EFSA as safe for administration.

THOT L-METHIONINE

Benefits



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L-Methionine helps in PROTEIN SYNTHESIS and regulates GENE EXPRESION

Improves COMMUNICATION MECHANISMS essential in regeneration pathways

It is responsible for METHYLATION PROCESSES

Supports BRAIN HEALTH and MOOD ENHANCEMENT

Helps maintain CARDIOVASCULAR HEALTH, may help reduce INFLAMMATION and PAIN

It is a great choice in LIVER DISEASE

It is indispensable for normal growth and development of babies with birth defects

Reduces the growth of CANCER CELLS

Great treatment for HAIR, NAILS & SKIN HEALTH

Offers powerful ANTIOXIDANT SUPPORT & DETOX

L-Methionine helps in FAT METABOLISM

It is used for managing DEPRESSION, ANXIETY & STRESS

It is a great solution for managing FIBROMYALGIA's symptoms

L-Methionine it is commonly used in ACETAMENOPHEN POISONING

It is used for its property to acidify the urine



Why is THOT L-METHIONINE so special?

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The L-Methionine in this product is obtained 100% from plants, through state-of-the-art bacterial biosynthesis. All ingredients are natural and suitable for absorption and direct use by the human body.

body regeneration

100% plant based

**brain health and
mood enhancement**



pain management

DNA repair

**antioxidation and
glutathion synthesis**

L-Methionine is the most important amino acid when it comes to regeneration and regeneration. All of the 9 EAAs are and they cannot properly help unless they work together in a proper ratio.

Many of L-Methionine's effects and benefits are attributed to its metabolites, the most popular of all being S-Adenosyl methionine (SAM), known in the supplements market as SAME, SAM-e, or AdoMet. SAME is also considered to be the "activated" form of L-Methionine.

It is recommended that L-Methionine to be taken with Vitamin B12, preferable in a methylated form. The methylated form of Vitamin B12 is: Methylcobalamin. Normal levels of Vitamin B12 will assure the down regulation of cysteine and homocysteine to methionine.

This is the active, coenzyme form of B12 that contains a methyl group (-CH₃) attached to the cobalt center of the cobalamin molecule. It plays a crucial role in the methylation cycle, particularly:

- Conversion of homocysteine to methionine (via methionine synthase);
- Supporting DNA synthesis, neurotransmitter production, and detoxification.

Although L-Methionine it is considered safe for consumption as a natural supplement by EFSA (European Food Safety Administration), too much L-Methionine can become toxic if not taken properly and in absence of certain vitamins like Vitamin B12 (Please check your doctor if you are Vitamin B12 deficient or if you suffer from MTHFT genetic syndrome; In case you are MTHFR deficient - Methylene tetrahydrofolate Reductase Deficiency make sure you take Vitamin B12 in a methylated form).

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