

# Homocysteine Supreme™

*Natural support for the maintenance of healthy homocysteine levels*

Homocysteine is a natural amino acid made by the body during the metabolism of the essential amino acid methionine. The pathway between methionine and homocysteine is a cycle – methionine metabolizes to homocysteine, and then homocysteine recycles back to become methionine. During this cycle, nutrients are synthesized for biochemical reactions such as detoxification, healthy immune function, ideal joint and cartilage structure, and brain and cardiovascular health. The optimal functioning of this pathway depends on enzymes which require many important nutrients, especially B vitamins. Any roadblock during the process can cause an undesirable elevation in homocysteine levels. The amount of homocysteine in the blood is a great indicator of overall health, with the goal being to maintain a level within normal range, as determined by your health care practitioner.

**Homocysteine Supreme™** contains key nutrients that help maintain a healthy homocysteine pathway, allowing for the normal production of necessary and important end products. This formulation includes NatureFolate™, a proprietary blend of naturally occurring folates known to facilitate the efficient metabolism of homocysteine. The mineral zinc is also included in this formulation, because it is a necessary cofactor for the proper support of enzymes in the pathway.

## **The issue with elevated homocysteine**

Stress, poor diet, poor nutrient absorption, and many medications can deplete B vitamins, hindering the process of converting homocysteine back into methionine. The circulation of excess homocysteine in the body can damage the lining of arterial walls, causing them to become narrow and inelastic.

Heavy metals such as mercury and lead can also interfere with the conversion of methionine to homocysteine, and vice versa. Mercury depletes vitamin B12, a key nutrient needed for this conversion. Chronic mercury inhalation from mercury fillings has a great affinity to bind to the amino acids cysteine and methionine, both of which are critical to a healthy homocysteine pathway. The absence of these useful amino acids further affects other nutrients in the pathway, making nutritional support crucial.

Homocysteine is not to be feared, but to be appreciated and controlled. The key is to maintain healthy levels, as an optimally functioning homocysteine pathway provides nutrients for necessary biochemical reactions in the body.

## **Recommended Use**

As a dietary supplement, take two capsules per day with meals, or as directed by your health care practitioner.

## **A healthy homocysteine level is needed for:**

- Cardiovascular health
- Brain health
- Healthy aging
- Strong immune system
- Healthy detoxification
- Joint and cartilage structure



\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).

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