



MethylGenic

Methylation, DNA,
& Telomere Support



Whole Body



Detox



Brain



Cardio

KEY INDICATIONS

- Impaired methylation, MTHFR mutations, poor detox tolerance
- Elevated homocysteine or disrupted methionine cycle
- Cellular aging, telomere shortening
- Mood instability, cognitive decline, poor focus
- Histamine intolerance
- Fatigue, low endurance
- Cortisol imbalance, stress response dysregulation
- Autism spectrum disorders, neurodegenerative conditions

HOW IT WORKS

MethylGenic provides nutrients and cofactors that drive methylation, which regulates gene expression, cellular repair, and detoxification. Its targeted ingredients support genes involved in methylation and cellular longevity such as *MTHFR*, *SLC19A*, *PON1*, and *TERT*. By strengthening these pathways, neuron function, hormone balance, and detox capacity, improve helping the body adapt to ongoing stress and metabolic demand. The result is better energy production, mental clarity, and recovery, with enhanced resilience at the cellular level.

CLINICAL PEARLS

- For comprehensive nervous system and methylation support, pair with **NeuroGenic**, **Neuro μ Biomic**, and **Neuro Superfood**.
- Pair with **EpiGenic** if fatigue, brain fog, or poor recovery continue.
- Consider **Liposomal MethylGenic** for children or those unable to swallow capsules.
- Use therapeutic dosing for 4–8 weeks, then reassess before transitioning to maintenance dosing.

SUPPLEMENT FACTS

Serving Size: 2 capsules Servings: 30

	Amount Per Serving	%DV
Riboflavin-5-Phosphate (Vit B2)	3.5 mg	269%
Niacinamide (Vit B3)	20 mg NE	125%
Vit B6 (Pyridoxine AKG)	2.5 mg	147%
Folate/5-MTHF	1500 mcg DFE	375%
Vit B12 (Methylcobalamin)	1 mg	41667%
D-Biotin	2.5 mg	8333%
Zinc (Zinc Oxide, Alpha Lipoic Acid)	3 mg	27%
Selenium (L-Selenomethionine)	6.5 mg	12%
Molybdenum (Chelate)	15 mcg	33%
Proprietary Blend	900 mg	*
<i>Centella Asiatica</i> (Ext); Betaine HCl; Choline L-Bitartrate; L-Serine; L-Carnosine; <i>Rhodiola Rosea</i> (Ext); Ascorbyl Palmitate; L-Theanine; RNA; SAME; Boron Glycinate		

*Daily Value not established.

Other Ingredients: Cellulose, Vegetable Stearate, Silica, and Leucine. C/26A

KEY INGREDIENTS & BENEFITS

Folate/5-MTHF, Riboflavin-5-Phosphate, Zinc: Support the folate cycle and MTHFR enzyme pathways while optimizing transport through *SLC19A* gene activity for efficient homocysteine balance.

SAME: Primary methyl donor that drives methylation and supports neurotransmitter balance, and cellular function.

***Centella asiatica*, Selenium:** Support expression of the *TERT* and *PON1* genes to protect DNA, preserve telomere length, and maintain redox balance.

Betaine HCl, Choline L-Bitartrate: Support the BHMT enzyme pathway, an alternate methylation route that helps recycle homocysteine and support liver function.

L-Carnosine, L-Serine, L-Theanine, RNA: Support cellular repair, neuronal function, and structural integrity of DNA and RNA.

***Rhodiola rosea*:** Supports stress-response and helps regulate cortisol and neuroendocrine signaling under chronic stress.

Methylcobalamin, Niacinamide, Vitamin B6, Biotin, Molybdenum, Boron Glycinate: Essential cofactors for MTR/MTRR enzymes and other gene-driven metabolic processes.

Ascorbyl Palmitate: Fat-soluble antioxidant that protects cellular membranes and supports redox balance.

INSTRUCTIONS

Maintenance dose: 1 capsule twice daily with food

Therapeutic dose: 2 capsules twice daily with food in cases of fatigue, poor detox tolerance, or impaired methylation

ALLERGEN & DIETARY INFO

- cGMP Facility
- Dairy Free
- Vegan
- Gluten Free
- Non-GMO
- No Sugar

SAFETY & CONTRAINDICATIONS

- Generally considered safe during pregnancy and lactation; contributes to healthy fetal development and maternal nutrient utilization. Use under the guidance of a qualified healthcare practitioner.
- Appropriate for pediatric use under professional supervision; dosing should be individualized based on age, tolerance, and clinical presentation.
- Use caution with antidepressants or mood-related medications, particularly with SAME, due to its influence on neurotransmitters.

Updated: 5/6/26



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.

