



Metavit™

Reconstructive Formula with cellular nutrients to support normal homocysteine metabolism

Large numbers of products and intermediate products of metabolism, oxygen, nutrients and biological waste materials are transported in our blood. Some of these factors are blood components indicative of our health status. In most blood tests, the levels of blood fats (triglycerides, cholesterol) and homocysteine are evaluated.

Cholesterol is both ingested with food and produced in the body itself. It has many functions in the body, for example, as a basic substance for the formation of many hormones, vitamin D, coenzyme Q10 (bioenergy compound), as a material for building nervous tissues and organs, and as an essential component of cell membranes. A good balance

between the supply, internal synthesis and utilization of cholesterol and other fats in our metabolism is important for health. A balanced diet can contribute to this.

Homocysteine is formed in the body as an "intermediate product" in the biological conversion of an amino acid – methionine – , which is a protein component and an important molecule in our body metabolism. As a rule, homocysteine does not accumulate in the body cells but it is swiftly processed by the body. Vitamins B6 and B12, folic acid and betaine are important factors for assisting the normal homocysteine metabolism. Therefore, optimal supply of these micronutrients is essential for maintaining normal homocysteine levels.

Metavit™ is a Reconstructive Formula in the Dr. Rath Cellular Nutrient Programme. The ingredients in **Metavit™** support cellular metabolism in many ways simultaneously, e.g.:

- With betaine, vitamin B6, vitamin B12 and folic acid to support normal homocysteine metabolism
- With biotin and B vitamins as a contribution to supporting normal energy metabolism
- With vitamin C and vitamin E as a contribution to protecting the cells against oxidative stress

Contents of one tablet:

Vitamin C obtained from:		
Calcium ascorbate	166.7	mg
Magnesium ascorbate	166.7	mg
Vitamin E	27.5	mg
<i>(D-alpha-tocopherol)</i>		
Vitamin B1	3.3	mg
Vitamin B2	3.3	mg
Vitamin B3	116.7	mg
Vitamin B5	16.7	mg
Vitamin B6	3.3	mg
Vitamin B12	10.0	µg
Folic acid	133.3	µg
Biotin	33.3	µg
L-carnitine	33.3	mg
Betaine	23.3	mg

Recommended allowance:

Adults: 1 tablet 3 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

Presentation: 90 tablets per jar

Order No.: 006

Reconstructive Formula

Metavit™ contains selected micronutrients in a synergistic combination. This Reconstructive Formula has been developed for combining with our range of Basic Formulas. It supplements the spectrum of specific vitamins and other micronutrients with important factors to assist the normal homocysteine and cholesterol metabolism.

