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METHIONINE

Search for medical details concerning METHIONINE on iMedix including its uses, side effects and precautions, overview, interactions and reviews.

- **ActiveIngredient:**
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- **Dosage:**
- **Indications:**
- **Manufacturer:**
- **Storage:**
- **Market Price:**
- **Drug Status:**

Description

Uses & Effectiveness Overview Methionine is an essential amino acid found in meat, fish, and dairy products. Amino acids are the building blocks used to make proteins. Methionine cannot be made by the body, so it must be consumed in the diet. It plays an important role in the many functions within the body. It may also act as an antioxidant and help to protect damaged tissues. People use methionine for preventing birth defects. It is also used for liver disorders, viral infections, breast cancer, and many other conditions, but there is no good scientific evidence to support these uses. Methionine, an essential amino acid, not only helps in protein synthesis and tissue repair but also acts as a precursor for the antioxidant molecule, glutathione, playing a crucial role in reducing oxidative stress and enhancing immune function. Side Effects When taken by mouth: Methionine is commonly consumed in foods. It is possibly safe when used as medicine under the supervision of a healthcare provider. But methionine is possibly unsafe when used for self-medication. Too much methionine can cause brain damage and death. Methionine can increase blood levels of homocysteine, a chemical that may cause heart disease, and might also promote the growth of some tumors. Interactions We currently have no information for METHIONINE overview. Special Precautionsand Warnings When taken by mouth: Methionine is commonly consumed in foods. It is possibly safe when used as medicine under the supervision of a healthcare provider. But methionine is possibly unsafe when used for self-medication. Too much methionine can cause brain damage and death. Methionine can increase blood levels of homocysteine, a chemical that may cause heart disease, and might also promote the growth of some tumors. Pregnancy and breast-feeding: Methionine is commonly consumed in foods. There isn’t enough reliable information to know if methionine is safe to use in larger amounts as medicine when pregnant or breast-feeding. Stay on the safe side and stick to food amounts. Children: Methionine is commonly consumed in foods. There isn’t enough reliable information to know if methionine is safe to use in larger amounts as medicine without the care of a healthcare provider. Acidosis: Methionine can cause changes in acidity of the blood and should not be used in people with a condition called acidosis. “Hardening of the arteries” (atherosclerosis): People who have atherosclerosis should not take methionine. Methionine might make atherosclerosis worse. Liver disease, including cirrhosis: People who have liver disease should not take methionine. Methionine might make liver disease worse. Methylenetetrahydrofolate reductase (MTHFR) deficiency: People who have this disorder should not take methionine. Methionine might make this disorder worse. Schizophrenia: Large doses of methionine might cause confusion, agitation, and other similar symptoms in people with schizophrenia. Dosing Methionine is an essential amino acid found in meat, fish, and dairy products. It’s recommended that

adults consume 13 mg/kg in the diet daily. Recommended amounts for children depend on age. As medicine, there isn’t enough reliable information to know what an appropriate dose of methionine might be. Speak with a healthcare provider before using.

Side Effects

Uses

Interactions

Other Details