

Methyl Master

Clinically optimised B-vitamin complex supporting methylation, mitochondrial vitality, and nervous system health.

60 HARD CAPSULES | AUST L 511869



**Vitality Solutions™
SUPPLEMENTS**

Clinical expertise to elevate your health

PRODUCT OVERVIEW

Methyl Master is an advanced practitioner-grade methylated B-complex formulated to restore clarity, resilience and metabolic efficiency in people whose methylation demands are elevated by stress, genetics or modern lifestyle factors.

Methylation powers more than 400 biochemical reactions that govern DNA and RNA repair, detoxification pathways, neurotransmitter synthesis, cardiovascular health and cellular energy. When these pathways slow, individuals may experience fatigue, mood imbalance, reduced focus, elevated homocysteine or diminished stress tolerance.

Methyl Master combines optimally activated B-vitamins with choline, L-serine, CoQ10 and zinc to support smooth methylation flow, stable neurotransmitter production and mitochondrial performance. This integrated approach reinforces neurological balance, cognitive function and whole-body metabolic vitality.

WHY WE REFORMULATED

A refined, smarter design for enhanced comfort and consistent clinical outcomes.

- **Optimised B-vitamin ratios** for metabolic precision without overstimulation.
- **Delayed-release capsule technology** to improve absorption and reduce gastric sensitivity.
- **Balanced nicotinamide and P-5-P** to stabilise methylation cycles and maintain homocysteine control.
- **Choline + L-serine synergy** to support phospholipid synthesis and neuronal-membrane structure.
- **CoQ10, zinc and biotin** for mitochondrial support, antioxidant defence and structural tissue integrity.
- **Improved cross-formula compatibility**, ensuring smoother stacking with Magnesium Master, Think Zinc and other Vitality Supplement protocols.

These intelligent upgrades improve nutrient kinetics, tolerability and long-term adherence across diverse clinical needs.

FUNCTIONAL NARRATIVE

Methyl Master delivers multi-layered support across key biochemical systems:

- **Neurotransmitter synthesis & mood stability:** Activated B-vitamins fuel GABA, dopamine and serotonin pathways, supporting calm focus, emotional balance and mental clarity.
- **Cardiovascular & cognitive protection:** Effective methylation and homocysteine regulation underpin vascular integrity, healthy brain ageing and long-term neurological performance.
- **Cellular & mitochondrial energy:** CoQ10 and niacin strengthen oxidative phosphorylation, improving stamina, metabolic efficiency and overall vitality.
- **Stress resilience & adrenal function:** Pantothenic acid contributes to adrenal hormone synthesis, supporting physiological adaptation to stress.
- **Immune, hormonal & structural health:** Zinc and biotin assist immune defence, reproductive health and the maintenance of healthy skin, hair and nail integrity.

Delivered in a gentle, delayed-release capsule, Methyl Master provides comprehensive, well-tolerated support for individuals seeking optimised methylation, steadier energy and enhanced nervous-system balance.



Capsule Size: 00



Stack me!

Generate synergistic effects that enhance benefits and boost performance.

Every Vitality Solutions supplement is purposefully formulated to work in harmony – designed with stacking in mind.

TUMMY KIND

FREE OF
HEAVY METALS

PERSONALISED MEDICINE
FOR OPTIMAL HEALTH

VEGETARIAN
AND
VEGAN
FRIENDLY



Blended, encapsulated and packaged in Australia using superior-quality, ethically-sourced ingredients.



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SCAN TO
VIEW OUR
FULL RANGE

ACTIVE INGREDIENTS PER HARD CAPSULE

Thiamine hydrochloride Equiv. thiamine (Vitamin B1)	101.68 mg 80 mg
Riboflavin sodium phosphate Equiv. riboflavin (Vitamin B2)	32.89 mg 25 mg
Nicotinamide (Vitamin B3)	30 mg
Calcium pantothenate Equiv. pantothenic acid (Vitamin B5)	54.59 mg 50 mg
Pyridoxal 5-phosphate monohydrate Equiv. pyridoxine (Vitamin B6)	39.18 mg 25 mg
Levomefolic glucosamine (Quatrefolic™) Equiv. levomefolic acid	631.2 µg 350 µg
Mecobalamin (Methyl Vitamin B12)	500 µg
Biotin	2 mg
Choline bitartrate Equiv. choline	121.57 mg 50 mg
L-Serine	50 mg
Ubidecarenone (Coenzyme Q10)	30 mg
Zinc citrate dihydrate Equiv. zinc	46.67 mg 15 mg

EXCIPIENTS

Calcium hydrogen phosphate dihydrate, colloidal anhydrous silica, gellan gum, hypromellose, magnesium stearate, microcrystalline cellulose, silicon dioxide.

DIRECTIONS FOR USE

Adults: Take 1 capsule daily with water after food or as directed by your healthcare practitioner. Store below 25 °C in a cool, dry place away from heat and sunlight. Do not use if seal on cap is broken.

NO ADDED

Gluten, lactose, nuts, artificial flavours or sweeteners.

INDICATIONS

- Vitamins B1, B2, B3, B5, B6, Biotin and CoQ10 help support energy production.
- Vitamins B6 and B12 support homocysteine metabolism and neurotransmitter synthesis.
- Vitamins B3 and B6 support nervous system health.
- CoQ10 and Zinc provide antioxidant support by reducing free radicals.
- Zinc and Biotin support immune health, reproductive hormones, and healthy hair, skin and nails.
- Optimised B-vitamin dosing helps maintain and support healthy methylation, with delayed-release delivery to enhance tolerability.

WARNINGS:

Contains vitamin B6 – stop taking if you experience tingling, burning or numbness and consult your healthcare practitioner.

Do not take while on warfarin therapy without medical advice.

Vitamin and/or mineral supplements should not replace a balanced diet.