

Appendix III (pp. 227-228 in Methyl Magic book)

A variety of information on new clinical tests and other new developments in methylation, health and longevity are available on the Methyl Magic Web site: **www.methylmagic.com**

This site also has important links to other methylation, health, and longevity resources.

Research on methylation and longevity holds enormous promise to enrich, strengthen, and lengthen our lives. There is a nonprofit foundation just for this purpose. If you would like to help methylation and longevity research, please send your contribution to the Methylation Research Institute Foundation at the following address:

**Methylation Research Institute,
P.O. Box 123, Little Rock, AR 72203**

Please make checks payable to the MRI Foundation.

The Foundation also has a Web site:

www.methyl.org

The SAM test, as well as other tests discussed in Methyl Magic, are available from Specialty Laboratories. Specialty offers nearly 4,000 different assays for the assessment and monitoring of patient health. For more information on the SAM test and related assays, please have your physician contact Specialty Laboratories: client services at **1-800-421-7110** and on the Web at **www.specialtylabs.com**.

Betaine/TMG, SAM, and other nutritional supplements

in a wide and innovative variety are available from Life Extension Foundation. Life Extension also provides a variety of clinical testing and information on health and

longevity. You can reach Life Extension at: 1-800-544-4440,

and on the Web at www.lef.org

Note: Be sure Fish Oil is fish body oil, not cod liver oil, or any other. About 1000 mg has 160 to 350 mg of EPA, and 100 to 150 mg of DHA. EPA and DHA are omega-3 fatty acids.

Caution: Diabetics should not take Fish Oil. Follow Example A, just deleting Fish Oil.

Concerning Betaine, (also called TriMethylGlycine, or **TMG),**

Use ONLY Betaine Anhydrous/TMG Anhydrous,

OR Betaine Monohydrate/TMG Monohydrate.

DO NOT USE Betaine/TMG Hydrochloride, (HCl), as it can upset an empty stomach.

Caution: A 750 mg Betaine/TMG tablet, (uncoated), can choke you.

Chew it into several pieces, with lots of water.

Author suggests powdered Betaine/TMG is most economical. Added to any drink, it is almost tasteless. Keep in a closed container, because it draws water from the air and becomes a slushy mess if left open.

Author suggests, (for MEN, or post-menopausal women), the IRON FREE, Nature's Way brand, "Daily Two Multiple", taking only one half, (1/2), tablet per day. {Nature's Way recommends two tablets per day, but that is too much, when other supplements are taken.}

Note: Since Folic Acid may be partially inactivated if taken at the same time as Iron or Vitamin C, (and Vitamin E inactivated by Iron), the multiple vitamin/mineral tablet is better taken at a different meal, or a different time of day, (two hours later), than the Vitamin E and Folic Acid.

Note: The Vitamin E molecule, (called tocopherol), comes in four kinds, (alpha, beta, delta, and gamma). The label must name all four, and/or say, "natural, mixed tocopherols".

Note: Do not take too much vitamin B6. Taking over 200 mg a day, (for a long time), can cause nervous system disorders.