S-Methyl-L-cysteine (SMLC) is found in onions, garlic, cabbage, and legumes; it exhibits antioxidative, neuroprotective, and anti-obesity activities. SMLC is a substrate of the catalytic antioxidant system mediated by methionine sulfoxide reductase A. This compound is involved in extracellular D-serine signaling and enzymatic reduction of oxidative stress, holding potential therapeutic benefit for diseases characterized by NMDA-receptor dysfunction, such as Parkinson’s Disease. SMLC also acts as a potential anti-obesity agent, inhibiting oil drop formation in rat white pre-adipose tissue.

References
