

[Open Peer Review on Qeios](#)

3-Methylhistidine

National Cancer Institute

Source

National Cancer Institute. *3-Methylhistidine*. NCI Thesaurus. Code C118885.

A post-translationally modified amino acid found in actin and myosin and a derivative of histidine that has a methyl group bound to the nitrogen at position 3. Urinary levels of 3-methylhistidine are proportional to protein turnover and can be an indicator for myofibrillar protein degradation or a high protein diet.