

ACTUAL SIZE



CODE 0494 V2

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Methylation is a normal biological process that occurs in healthy human bodies every minute of every day. Methylation is an important step in the conversion of homocysteine, a damaging amino acid, into the biologically safe and beneficial amino acid, methionine. In addition, methylation is required for DNA repair, as well as for the production of SAMe, which helps maintain healthy joint tissue. Methylation can be inhibited by poor or inadequate diet and unhealthy lifestyle practices. TMG (Trimethylglycine) has been shown to be a safe and effective methyl donor for the facilitation of methylation processes. TMG supplementation has been shown in clinical and non-clinical studies to support a healthy homocysteine level, which in turn supports healthy cardiovascular function.*

SUGGESTED USAGE: As a dietary supplement, take 1 tablet 1-6 times daily, preferably with meals. For additional homocysteine support, use this product along with NOW® Homocysteine Regulators.



TMG

CARDIOVASCULAR HEALTH

1,000 mg

• Supports Healthy Homocysteine Levels*

100 Tablets

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving
Trimethylglycine (TMG)
(Betaine Anhydrous)

1.0 g (1,000 mg)*

* Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Vegetable Coating, Croscarmellose Sodium and Magnesium Stearate (vegetable source).

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

Made in the U.S.A.

www.nowfoods.com