

**USAGE:** Take 1 tablet 1 or 2 times per day with a meal or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**TMG** provides trimethylglycine (a.k.a., anhydrous betaine), an important methyl donor. Methyl donors, such as TMG and folate, are required for converting homocysteine, an oxidizing metabolite, back into the amino acid methionine and for the accurate synthesis of DNA and RNA, which is essential for the production of normal cells.\*

Keep out of the reach of children.

Store in a cool, dry place; keep lid tightly closed.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS

Trimethylglycine

**TMG**

Reduces Homocysteine\*  
and Protects DNA\*

**500**  
MILLIGRAMS

**120**  
TABLETS

DIETARY  
SUPPLEMENT



## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 120

	Amount Per Serving	% DV
Trimethylglycine (Anhydrous Betaine)	500 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, calcium phosphate, stearic acid (vegetable source), magnesium stearate (vegetable source), silicon dioxide and a food-grade coating.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.

EASY  
SOLV

12318TM500 PROD # 120007



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