

PRODUCT INFORMATION:

One capsule typically provides:

Tri-methyl glycine
(as betaine monohydrate)

500mg

INGREDIENTS:

Tri-methyl glycine (as betaine monohydrate),
capsule: hydroxypropyl methylcellulose*; bulking
agent: microcrystalline cellulose; anti-caking
agents: magnesium stearate*, silicon dioxide.
*(vegetarian source)

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, corn,
dairy products, gluten, lactose, maize, salt, soya,
starch, wheat, yeast.

Suitable for vegetarians and vegans.
This product is not tested on animals.



higher nature®

TMG TRI-METHYL GLYCINE

ULTIMATE NUTRITION

FOOD SUPPLEMENT

90
capsules

TMG

✓ Betaine contributes to normal
homocysteine metabolism
(Beneficial effect obtained with a daily
intake of 1.5g - a daily intake in excess
of 4g may significantly increase blood
cholesterol levels.)

DIRECTIONS:

Take 1 capsule up to 3 times a day, 30
minutes before or 2 hours after meals,
or as your health professional advises.
Do not exceed recommended daily
intake.

Food supplements should not be
used as a substitute for a varied and
balanced diet and healthy lifestyle.

STORAGE:

Store in a cool, dry, steam free
environment out of reach of children.

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TMG-170-03

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