

Scan for
product info

Read the entire label and follow directions carefully prior to use.

DIRECTIONS: Take one (1) rounded scoop one to two times daily, or as recommended by a healthcare practitioner. TMG should be taken with co-factors vitamins B6, B12, and folic acid.

CAUTION: If muscle tension or headaches occur, reduce dose or discontinue product, and inform your physician if they do not subside.

Vegetarian

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



L00349H



**LIFE
EXTENSION®**

**TMG
Powder
(Trimethylglycine)**



GLUTEN FREE



**Promotes Healthy
Homocysteine Levels***

NET WT. 50 G
(0.11 LB. OR 1.76 OZ.)

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Rounded Scoop
(approx. 525 mg)

Servings Per Container About 97

Amount Per Serving	% Daily Value	
Trimethylglycine (TMG) (as betaine anhydrous)	500 mg	**

**Daily Value not established.

Other ingredients: none.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
LifeExtension.com

To report a serious adverse event or
obtain product information, contact
1-866-280-2852.

*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.

Store tightly closed in a cool, dry place.