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product info

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

DIRECTIONS: Take two (2) capsules in the morning with or without food, or as recommended by a healthcare practitioner. TMG should be taken with co-factors 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.

Store tightly closed in a cool, dry place.

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.



L01859E



**LIFE
EXTENSION®**

TMG
500 mg



**Promotes Healthy
Homocysteine Levels***

60 LIQUID
VEGETARIAN
CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 2 Vegetarian Liquid Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Trimethylglycine (TMG) (as betaine anhydrous)	1000 mg **

**Daily Value not established.

Other ingredients: glycerin, vegetable cellulose (capsule), purified water.

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.