

**Suggested Use:** Take 2 capsules, 1 to 3 times daily, as needed, preferably with meals.

**VEGETARIAN | GLUTEN FREE | NON-GMO | LACTOSE FREE**

**Warning:** NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. KEEP OUT OF THE REACH OF CHILDREN. If you are pregnant, breast feeding, have known medical conditions (including kidney or liver disease) or are taking prescription or OTC medication(s) consult with your health care practitioner before using this product. Discontinue use two weeks prior to surgery.

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WELLNESS

# BETAINE ANHYDROUS

**TRIMETHYLGLYCINE (TMG)**

90 Capsules  
(45 Servings)

Amino Acid  
Supplement 

## Supplement Facts

Serving size: 2 vegetarian capsules  
Servings per container: 45

	Amount Per Serving	%DV
Betaine Anhydrous (trimethylglycine [TMG])	1,000 mg	†

† Daily value (DV) not established.

Other Ingredients: vegetarian capsule (hypromellose, water).

STORE IN A COOL DRY PLACE.

‡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.

**WARNING:** Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food).

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Product filled to this level 