

**SUGGESTED USAGE:** Mix 1/2 level teaspoon into water or your favorite beverage twice daily.

Betaine (trimethylglycine) is a modified amino acid that normally participates as a cofactor in many reactions essential for normal cell function, including the synthesis of creatine, carnitine, and epinephrine, as well as in the detoxification of homocysteine.\* Betaine also helps to preserve cell volume and function during the stress of intense exercise.\* Clinical studies show that betaine may help to promote endurance and optimize muscle output and performance during exercise.\* Betaine may also help to support a healthy body composition when used along with a healthy diet and exercise program.\*

**\*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.**

**Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.**

Do not eat freshness packet enclosed.

Code 2226N v1



# BETAIN POWDER

**ENDURANCE\***

**PURE  
POWDER**

**ENHANCES  
PERFORMANCE\***

**MAINTAINS  
MUSCLE\***

**NET WT. 6 OZ. (170 G)**

A Dietary Supplement



## Supplement Facts

Serving Size 1/2 Level Teaspoon (approx. 1.6 g)  
Servings Per Container about 106

### Amount Per Serving

Betaine Anhydrous [TMG (Trimethylglycine)]	1.6 g (1,600 mg)**
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\*\* Daily Value not established.

Other ingredients: None.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA  
nowsportsproducts.com

Product of Finland.

Packaged and quality tested in the USA.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

**Natural color variation may occur in this product.**

This product is sold by weight not volume.

Store in a cool, dry, dark place after opening.