

**IMPORTANT:**

STORE IN A COOL DRY PLACE AND TIGHTLY  
 CAPPED.  
 KEEP OUT OF THE REACH OF CHILDREN.

**FREE OF:** Milk, Eggs, Fish, Shellfish, Tree Nuts,  
 Peanuts, Wheat or Soy



Manufactured Exclusively by:  
**KIRKMAN**

Lake Oswego, OR 97035  
 503.694.1600  
 1.800.245.8282  
 KIRKMANGROUP.COM

**HYPOALLERGENIC | GLUTEN-FREE**

**KIRKMAN**

**TMG**

**175 MG**

**with FOLINIC ACID  
 & METHYL B12**

**DIETARY  
 SUPPLEMENT**

**200  
 CAPSULES**

**SUGGESTED USE:**

Take one to four capsules daily or as directed by a physician.

**Supplement Facts**

Serving Size: 1 Capsule  
 Servings Per Container: 200

Each Serving Contains	Amount per Serving	% Daily Value
Folate (as Calcium Folate) 200 mcg	333 mcg DFE	83%
Vitamin B12 (as Methylcobalamin)	6 mcg	250%
Trimethylglycine (Betaine)	175 mg	**

\*\* Daily Value not established

**Other Ingredients:** Vegetarian Capsule (hypromellose and water), Microcrystalline Cellulose, Magnesium Stearate (plant based), Silicon Dioxide



0295-200 • 091620