

USAGE: Take 1 tablet 1 or 2 times per day with a meal or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

TMG provides trimethylglycine (a.k.a., anhydrous betaine), an important methyl donor. Methyl donors, such as TMG and folic acid, are required for converting homocysteine (a toxic amino acid and a serious health risk) back into methionine and for the accurate synthesis of DNA and RNA, which is essential for the production of normal cells.*

Keep out of the reach of children.

* 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.

Jarrow
FORMULAS

Trimethylglycine

TMG

Reduces Homocysteine*
and Protects DNA*

500
MILLIGRAMS

120
TABLETS

**DIETARY
SUPPLEMENT**



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 120

	Amount Per Serving	% DV
Trimethylglycine (Anhydrous Betaine)	500 mg	*

* Daily Value not established.

Other Ingredients: Calcium phosphate, cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), silicon dioxide and a food grade coating.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Store in a cool, dry place.

Suitable for vegetarians/vegans.

**EASY
SOLV**

10513TM500 PROD #120007



Distributed Exclusively by:
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Lot #. Best Used Before:

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