

USAGE: Take 1 scoop per day or as directed by your qualified healthcare professional. Store in a cool, dry place.

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

TMG Crystals™ provides trimethylglycine, an important methyl donor (a.k.a., anhydrous betaine). 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.

Lot #: Best Used Before:

Jarrow
FORMULAS

Trimethylglycine

TMG Crystals™

Reduces Homocysteine and Protects DNA*

NET WEIGHT

1.76 oz (50 g)
POWDER

**DIETARY
SUPPLEMENT**



Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

Supplement Facts

Serving Size 1 Level Scoop (650 mg)

Servings Per Container Approx. 77

	Amount Per Serving	% DV
Trimethylglycine (Anhydrous Betaine)	650 mg	*

* Daily Value not established.

Contains NO other substances.

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

Suitable for vegetarians/vegans.

Packaged by weight, not by volume.

08513TMGPD

PROD # 120005



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