

**Suggested Usage:** Take 1-3 tablets twice daily, preferably with food.

Betaine anhydrous, or TMG (Trimethylglycine) is known to facilitate methylation processes.\* Methylation is a normal biological process that is critical for DNA repair, liver detoxification mechanisms, lipid metabolism, and the production of SAME.\* It is also an important step in the conversion of homocysteine, a damaging amino acid, into a friendlier amino acid, methionine.\* Supplementation with TMG has been shown in clinical and non-clinical studies to support healthy homocysteine levels already within normal range.\*

**\*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.

Keep the bottle tightly closed at all times in between usage. Keep the freshness packet in bottle. This product is very sensitive to moisture/humidity which may affect product stability.

Store in a cool, dry place after opening.

CODE 0494 v6



TABLET SIZE



# TMG

## Betaine - 1,000 mg

Liver Support\*

- Supports Healthy Homocysteine Levels\*
- Promotes Normal Methylation Processes\*

### 100 Tablets



A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

## Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 33

### Amount Per Serving

Trimethylglycine (TMG) (Betaine Anhydrous)	3 g (3,000 mg)**
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\*\* Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Hydroxypropyl Cellulose, Vegetarian Coating, Stearic Acid (vegetable source), Croscarmellose Sodium and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomingdale, IL 60108, USA [nowfoods.com](http://nowfoods.com)

Made and quality tested in the USA with globally sourced ingredients.

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.

