

**IMPORTANT:**

Store in a cool dry place and tightly capped. Keep out of the reach of children.

**CAUTION:** Formulated for adults and children four years and older. For children under four, consult a physician.

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

†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.

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Manufactured Exclusively by:  
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**HYPOALLERGENIC | GLUTEN-FREE**
**KIRKMAN®**

# TMG

## WITH FOLATE & METHYL B-12

### 500 MG

Supports heart health  
and mental wellbeing†

**DIETARY  
SUPPLEMENT**
**120  
CAPSULES**
**SUGGESTED USE:**

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

## Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 120

Each Serving Contains	Amount per Serving	% Daily Value
Folate (as Calcium Folate) (Folic Acid 400 mcg)	666 mcg DFE	167%
Vitamin B12 (as Methylcobalamin)	6 mcg	250%
Calcium (from Dicalcium Phosphate)	41 mg	3%
Phosphorus (from Dicalcium Phosphate)	31 mg	2%
Trimethylglycine (as Glycine Betaine)	500 mg	*

\*Daily Value not established

**Other Ingredients:** Vegetarian Capsule (hypromellose and water), Magnesium Stearate (plant-based)



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