

Suggested Use: As a dietary supplement, adults take 1 scoop (3.15 g) one (1) time per day or as directed by a healthcare professional. Store in a cool, dry place and away from direct light.

Caution: Consult your physician before use if you are pregnant, nursing, have a medical condition, taking any medications, or are planning any medical or surgical procedures. Keep out of reach of children.

For serious adverse event reporting call (877) 455-2826.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



NATURAL GROCERS[®]

By Vitamin Cottage

TMG POWDER

3,000 MG

FOLATE 667 MCG DFE & VITAMIN B-12 20 MCG

*Supports Healthy Homocysteine Levels**

NET WT 3.3 OZ (95 G)

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 scoop (3.15 g)
30 servings per container

	Amount Per Serving	% Daily Value
Folate (400 mcg as Calcium L-5-Methyltetrahydrofolate)	667 mcg DFE	167%
Vitamin B12 (as Methylcobalamin)	20 mcg	833%
Trimethylglycine (TMG)(Betaine anhydrous)	3,000 mg	†

† Daily Value not established

Manufactured for:
Vitamin Cottage Natural Food Markets, Inc.
Lakewood, CO 80228 • www.naturalgrocers.com

Made Without: Sugar, dairy, yeast, wheat, gluten, soy, corn, magnesium stearate, artificial preservatives, synthetic colors or artificial flavors.

Made in a U.S. facility from global ingredients.

