

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, under the age of 18, or taking medications, consult your healthcare professional before using this product.

TMG Crystals™ provides trimethylglycine (a.k.a., anhydrous betaine), an important methyl donor. Methyl donors, such as TMG and folic acid, are required for converting homocysteine, an oxidizing metabolite, back into the amino acid 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.



03315TMGPD

PROD # 120005



© 2015 Jarrow FORMULAS®