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product info

Read the entire label and follow directions carefully prior to use.

**DIRECTIONS:** Take one (1) rounded scoop one to two times daily with or without food, or as recommended by a healthcare practitioner. TMG should be taken with co-factors vitamins B6, B12, and folic acid.

**CAUTION:** If muscle tension or headaches occur, reduce dose or discontinue product, and inform your physician if they do not subside.

Store tightly closed in a cool, dry place.

**WARNINGS:**

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



Q00349D

# LifeExtension®

## TMG Powder (Trimethylglycine)



### Promotes Healthy Homocysteine Levels\*

Dietary  
Supplement

Net Wt. 50 g  
(0.11 lb. or 1.76 oz.)

## Supplement Facts

Serving Size 1 Rounded Scoop (approx. 515 mg)  
Servings Per Container About 97

Amount Per Serving	% Daily Value
Trimethylglycine (TMG) (as betaine anhydrous)	500 mg **

\*\*Daily Value not established.

Other ingredients: none.

Manufactured for:  
Quality Supplements and Vitamins, Inc.  
Ft. Lauderdale, Florida 33309  
info@lifeextension.com • www.lef.org

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Density may vary from lot to lot.

\*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.