

Scan for
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.

Density may vary from lot to lot.

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.



Q00349F

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. 525 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.

Non-GMO

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, Florida 33309
LifeExtension.com

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

*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.