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product info

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

**DIRECTIONS:** Take two (2) capsules in the morning with or without food, or as recommended by a healthcare practitioner. TMG should be taken with co-factors 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.

**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.

\*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.



Q01859D

# LifeExtension®

# TMG

500 mg



## Promotes Healthy Homocysteine Levels\*

Dietary  
Supplement

60 Liquid  
Vegetarian  
Capsules

## Supplement Facts

Serving Size 2 Vegetarian Liquid Capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value
Trimethylglycine (TMG) (as betaine anhydrous)	1000 mg**

\*\*Daily Value not established.

**Other ingredients:** glycerin, vegetable cellulose (capsule), purified water.

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

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

Store tightly closed in a cool, dry place.