

SUGGESTED USAGE: Shake well before using. Take 1 tablespoon daily.

REFRIGERATE AFTER OPENING.

Betaine (Trimethylglycine) is a modified amino acid that normally participates as a cofactor in many reactions essential for normal cell function, including the synthesis of creatine, carnitine, and epinephrine, as well as in the detoxification of homocysteine.* Betaine also helps to preserve cell volume and function during the stress of intense exercise.* Clinical studies show that Betaine may help to promote endurance and optimize muscle output and performance during exercise.* Betaine may also help to support a healthy body composition when used along with a healthy diet and exercise program.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Contains Xylitol, do not feed to pets.

Natural color variation may occur in this product.

Liquid Betaine

2500 mg per Tablespoon

- Natural Green Apple Flavor
- Enhances Exercise Performance*
- Helps Maintain Strength and Power*

Net 16 fl. oz. (473 mL)

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Servings Per Container about 32

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	5 g	2%*
Sugars	0 g	†
Xylitol	2.5 g	†
Betaine Anhydrous [TMG (Trimethylglycine)]	2.5 g (2,500 mg)	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: De-ionized Water, Vegetable Glycerin, Xylitol, Malic Acid, Citric Acid, Purified Stevia Extract (Leaf), Potassium Sorbate (as preservative), Natural Green Apple Flavor and Sodium Copper Chlorophyllin (Chlorophyll).

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA

nowsportsproducts.com

Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Please Recycle.



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