Suggested Use: As a dietary supplement, take one serving (1 scoop) up to twice daily or as needed. preferably between meals.

The primary role of Betaine has been suggested to be an Osmolyte (in which it protects cells, proteins, and enzymes from environmental stresses) and Methyl donor (in which it becomes a part of the body's methionine cycle). TMG supplementation may also decrease the amount of adipose tissue and is popular with bodybuilders and athletes wanting lean muscle mass gain as it has been suggested that TMG can increase overall strength and output when working out. It has also been suggested that TMG is an effective mood stabilizer as it can potentially increase S-adenosylmethionine (SAMe) by remethylating homocysteine. †









Serving Size: 1 scoop (800mg) Senings Per Container About 625

Amount Per Servine

Retaine (TMG) 800md

\*Daily Value Not Established

Ingredients: Betaine Trimethylglycine (TMG)

Other Ingredients: None

Allergens: This product contains NO.

Keep out of the reach of children. Do not take this or any other supplement if under the age of 18, pregnant or nursing a baby, or if you have any known or suspected medical conditions and/or taking prescription drug(s) or OTC medication(s). Always consult with a qualified health physician before taking any new dietary supplement.

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any diseases.

STORE IN A COOL. DRY PLACE. DO NOT USE OR CONSUME IF INNER SEAL IS BROKEN.

SERVING SCOOP INCLUDED (MAY SETTLE DURING SHIPPING)

Scoop inside

Lot Number

Expiration Date

Manufactured for: Supplement Partners, LLC.









