

USAGE: Take 1 scoop per day or as directed by your qualified health care consultant. Store in a cool, dry place.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, or taking medications, consult your health care practitioner before using this product.

TMG Crystals™ provides trimethylglycine, an important methyl donor (a.k.a., anhydrous betaine). Methyl donors, such as TMG and folic acid, are required for converting homocysteine (a toxic amino acid and a serious health risk) back into methionine and for the accurate synthesis of DNA and RNA, which is essential for the production of normal cells.*

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:

Jarrow FORMULAS®

TMGCRYSTALS™

Trimethylglycine

**Reduces Homocysteine
and Protects DNA***

50 grams
Dietary Supplement

Supplement Facts

Serving Size 1 Level Scoop (650 mg)

Servings Per Container Approx. 77

	Amount Per Scoop	% DV
Trimethylglycine (Anhydrous Betaine)	650 mg	*
* Daily Value not established.		

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

**Suitable for
vegetarians/vegans.**

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and FormulationSM

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