

USAGE: Take 1 tablet 1 or 2 times per day with a meal or as directed by your qualified health care consultant. Store in a cool, dry place. **Easy-Solv®** tablets are designed to disintegrate within several minutes of ingestion.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your health care practitioner before using this product.

TMG 500 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®

TMG 500

Trimethylglycine

**Reduces Homocysteine*
and Protects DNA***

500 mg 120 Easy-Solv® Tablets
Dietary Supplement

Supplement Facts

Serving Size 1 Tablet Servings Per Container 120

	Amount Per Serving	% DV
Trimethylglycine (Anhydrous Betaine)	500 mg	*

* Daily Value not established.

Other Ingredients: Dicalcium phosphate, cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source) and silicon dioxide.

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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