

SOURCE NATURALS®



## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving %DV		
Calcium	43 mg	4%
Protein	1 g	2%*
Trimethylglycine (TMG)	750 mg	†

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet.  
†Daily Value not established.

Other ingredients: dibasic calcium phosphate, stearic acid, microcrystalline cellulose, modified cellulose gum, magnesium stearate, and silica.

TMG, also known as anhydrous betaine, is found in a variety of plant and animal sources and is used in the conversion of homocysteine to methionine. Maintaining normal homocysteine levels is important for the health of the cardiovascular system. TMG has been shown to help protect the liver and raise S-adenosylmethionine (SAM) levels, in animal studies. SAM may help to promote a balanced emotional state.\*

**NOTE:** If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

**Suggested Use:** For daily maintenance, take 1 to 2 tablets. To support lower homocysteine levels, take 2 to 4 tablets daily. Additional benefits may be obtained by taking this product with other methyl donor supplements such as vitamin B-6, vitamin B-12 and folic acid.\*

**Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.**

Suitable for vegetarians and HYPOALLERGENIC: contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

**\*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.**

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Manufactured for:  
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