

**USAGE:** Take 1 scoop per day or as directed by your qualified healthcare professional. Store in a cool, dry place.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, or taking medications, consult your healthcare professional 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 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

Trimethylglycine

# TMG Crystals™

Reduces Homocysteine and Protects DNA\*

NET WEIGHT

**1.76 oz (50 g)**  
POWDER

DIETARY  
SUPPLEMENT



## Supplement Facts

Serving Size 1 Level Scoop (650 mg)  
Servings Per Container Approx. 77

	Amount Per Serving	% DV
Trimethylglycine (Anhydrous Betaine)	650 mg	*

\* Daily Value not established.

Contains NO other substances.

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

**Suitable for vegetarians/vegans.**

Packaged by weight, not by volume.

12413TMGPD PROD # 120005



Distributed Exclusively by:  
**Jarrow FORMULAS®**  
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