

TMG

500 mg, 180 tablets

Item Catalog Number: 00359

TMG is also called glycine betaine, but the name “trimethylglycine” signifies that it has three methyl groups attached to each molecule of glycine. Betaine was discovered to be beneficial to heart health back in the 1950s.⁹⁰⁻⁹⁴ TMG operates along a different pathway than the B vitamins. TMG acts as a “methyl donor,” providing extra methyl groups to hasten the conversion of homocysteine back to methionine.⁹⁵ When a TMG methyl group is donated to a molecule of homocysteine, it converts to the non-toxic amino acid, methionine, and then into S-adenosyl-methionine (SAME).^{96,97} Research showing TMG’s ability to promote healthy levels of homocysteine, alone or in conjunction with other nutrients, confirms its status as an important nutrient for cardiovascular health.⁹⁸⁻¹⁰⁶ For example, in a recent cross-sectional survey study, participants who consumed >360 mg/d of betaine had, on average, 10% lower concentrations of homocysteine and 19% lower concentrations of C-reactive protein than did those who consumed <260 mg/d.¹⁰⁷

References

Supplement Facts

Serving Size 2 tablets

Servings Per Container 90

Amount Per Serving

Trimethylglycine (TMG) (as betaine anhydrous)

1000 mg

Other ingredients: dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, vegetable stearate, silicon dioxide, aqueous film coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol).

This product contains NO soybeans, milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take two tablets in the morning with or without food, or as recommended by a healthcare practitioner.
- TMG should be taken with co-factors vitamins B6, B12, and folic acid.

Caution

If muscle tension or headaches occur, reduce dose or discontinue product, and inform your physician if they do not subside.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Related Keywords

Glycine Betaine, Hormones, Cardiovascular

treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.