

Suggested use: 2 capsules daily preferably with meals or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

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**GMO
FREE**

Homocysteine Guard

B Vitamins + TMG

DIETARY SUPPLEMENT
60 VEGETABLE CAPSULES

Supplement Facts

Serving Size 2 Vegetable Capsule
Servings Per Container 30

Amount Per Serving		%DV
Thiamin (as thiamine HCl)	25 mg	2,083%
Riboflavin (as riboflavin-5-phosphate)	50 mg	3,846%
Vitamin B-6 (as pyridoxal-5-phosphate)	50 mg	2,941%
Folate (as calcium L-5-methyltetrahydrofolate)	1,333 mcg DFE	333%
Vitamin B-12 (as methylcobalamin)	500 mcg	20,833%
Choline (as choline bitartrate)	100 mg	20,833%
Trimethylglycine (anhydrous betaine)	1,000 mg	†

† Daily Value not established

Other Ingredients: Vegetable cellulose, rice flour, and vegetable magnesium stearate.

Does not contain: wheat dairy, egg, fish, crustacean, tree nuts, peanuts, sesame, or soy.



LSHG10823