

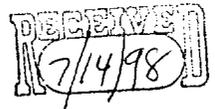
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July 7, 1998

Dr. Elizabeth Yetley, Ph.D.
F.D.A.
Office of Special Nutrition
200 "C" St., S.W.
Washington, DC 20204



Please be advised that Jarrow Formulas, Inc. is marketing a product containing a "Structure and Function" statement on the label. According to the notification requirements set forth by the DSHEA (Dietary Supplement Health and Education Act, 1994) legislation, please be advised of the following:

Name of Product: TMG crystals, 50 grams of crystals

Active Ingredient(s): Trimethylglycine (Anhydrous Betaine)

Claim(s): "Reduces Homocysteine to Methionine." TMG Crystals contain Trimethylglycine extracted from sugar beets, the best natural source. TMG, also called anhydrous betaine, contains methyl groups. Methyl donors, such as TMG and Folic Acid, are important components of a healthy diet. Methylation is inhibited by alcohol, smoking, poor dietary habits (excessive protein and fat) or inadequate diet. Impairment of methylation results in elevated levels of homocysteine, a toxic amino acid and a serious health risk. Homocysteine is reduced to methionine by enzymes that require Folic Acid, B12, B6 and methyl groups.

The following disclaimer appears on the label: 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.

These claims are limited to, and a result of, what we believe to be a substantial body of scientific evidence supporting the functional role of these nutrients. A compendium of relative published research substantiating the above statement(s) is on file at the corporate office.

Respectfully submitted,

Siddharth S. Shastri, B.A., C.C.N.

Director of Product Development

USAGE: As a dietary supplement, take 1 scoop daily or as directed by your qualified health consultant.

TMG Crystals contain Trimethylglycine extracted from sugar beets, the best natural source. TMG, also called anhydrous betaine, contains methyl groups. Methyl donors, such as TMG and Folic Acid, are important components of a healthy diet. Methylation is inhibited by alcohol, smoking, poor dietary habits (excessive protein and fat) or inadequate diet. Impairment of methylation results in elevated levels of homocysteine, a toxic amino acid and a serious health risk. Homocysteine is reduced to methionine by enzymes that require Folic Acid, B12, B6 and methyl groups.

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Jarrow FORMULAS™

TMG CRYSTALS

Trimethylglycine

Reduces Homocysteine
to Methionine

50 grams

One scoop of TMG Crystals contains:
Trimethylglycine (Anhydrous Betaine) 500 mg
1 tsp. contains the equivalent
of 5 scoops, or 2.5 grams.

Ingredients: TMG (also known as anhydrous betaine). Store in a cool, dry place.

Superior Nutrition and Formulation™ by
Jarrow FORMULAS, INC™
Los Angeles, CA 90035-4317



PROD # 20005
Lot #. Best Used Before

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USAGE: As a dietary supplement, take 1 to 2 tablets daily with a meal, or as directed by your qualified health consultant.

TMG 500 contains Trimethylglycine (TMG), also known as anhydrous betaine, extracted from sugar beets. TMG is a highly effective donor of methyl groups and is a powerful reducer of homocysteine to biologically safe methionine. Homocysteine is a toxic transient metabolite of methionine and is a significant heart risk factor. Homocysteine is reduced back to biologically safe methionine by methyl groups donated by TMG. Homocysteine can also be reduced by enzymes that require Folic Acid, B12 and methyl groups or reduced back to cysteine by B6.

Methylation is inhibited by inadequately functioning key enzymes, excessive protein and fat intake, poor diet, inadequate intake of methyl groups, coffee, alcohol or by smoking.

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.

Jarrow FORMULAS™

TMG 500

Trimethylglycine

Reduces Homocysteine
to Methionine

20 Quik-Solv™ tablets 500 mg each
Dietary Supplement

Supplement Facts

Serving Size 1 tablet

	Amount Per Tablet	% Daily Value
Trimethylglycine (Anhydrous Betaine)	500 mg	*
* % Daily Value not established		

Ingredients: Trimethylglycine, modified cellulose gum and silicon dioxide.

Jarrow FORMULAS, INC™
Superior Nutrition and Formulation™
Los Angeles, CA 90035-4317



PROD # 20007

Lot #. Best Used Before:

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