



DMG (N,N-Dimethylglycine)

What Is It?

DMG is a derivative of the amino acid glycine and naturally occurs in the cells of all plants and animals in small amounts. It is chemically similar to the B vitamin family in structure but is not classified as a vitamin. It has been used as a nutritional supplement for over 25 years for various areas of nutritional support. It is a water soluble nutrient and has an excellent safety profile.*

Uses For DMG

Neurotransmitter Function: One of DMG's main roles involves promoting healthy neurotransmitter function. Studies involving adult subjects have suggested that DMG may support the central nervous system glycine receptor or maintain healthy amino acid balance within the central nervous system. Positive support regarding the use of DMG in children's behavior has been collected for more than twenty years, as reported by one research institution. As early as 1965, Russian scientists discovered the potential for DMG to support healthy mental function in some children. At one research center in Korea, DMG provided encouraging support for children involved in a small trial.*

Other Potential Areas Of Support: DMG is believed to promote oxygenation of tissues and serve as a methyl donor, promoting healthy cardiovascular function. These same mechanisms may also allow DMG to support healthy liver function and detoxification processes. DMG has also been used to support physical performance and moderate fatigue associated with physical activity.*

What Is The Source?

DMG is synthetically produced. Pure Encapsulations free-form DMG is a minimum of 98% pure. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Childrens' recommendations: For a small child, start with 1/2 capsule per day with breakfast for a few days; for a larger child, start with one capsule per day with breakfast. Gradually increase to 1-4 capsules per day, with meals.

Adult recommendations: 2-8 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

DMG

each vegetable capsule contains



N,N-dimethylglycine (free-form) (DMG).....125 mg.
vitamin C (as ascorbyl palmitate).....5 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)

Childrens' recommendations: For a small child, start with 1/2 capsule per day with breakfast for a few days; for a larger child, start with one capsule per day with breakfast. Gradually increase to 1-4 capsules per day.

Adult recommendations: 2-8 capsules per day, in divided doses, with meals.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.