



CARDIO-DMG™

- **Cardio-DMG™ is a dietary supplement to support heart and circulatory functions and maintenance of homocysteine and cholesterol within normal ranges.***

Now with:

- TMG (trimethylglycine/betaine) at 500 mg
- Higher levels of the most active forms of Vitamin B12 (methylcobalamin) at 500 mcg
- Vitamin B6 (pyridoxal-5-phosphate) at 30 mg
- Folic Acid (Calcium Folate) at 400 mcg

Recommended For:

- Methylation and Remethylation*
- Homocysteine Metabolism*
- Maintaining Cholesterol and Triglycerides Within Normal Ranges.*

About Methylation, Homocysteine & Remethylation

Methylation is connected to nearly every biochemical process in the body.* It is required for the modification, synthesis and detoxification of many substances.*

Impaired methylation can be caused by excessive protein and fat intake, coffee and alcohol consumption, smoking, suboptimal levels of vitamins B12, B6 and folic acid, a lack of methyl groups and certain medications.* This can result in abnormal cell production and elevated levels of homocysteine.*

Homocysteine is an amino acid produced in the body in the course of methionine metabolism.* High levels may increase the potential for abnormal blood clotting and increased plaque formation in blood vessels.*

Remethylation occurs when methyl donors are used to recycle homocysteine back to methionine.*

Homocysteine and Cholesterol Support:

- **Dimethylglycine and Trimethylglycine** are methyl donors that help maintain homocysteine levels within normal ranges by converting homocysteine to methionine.* They support circulation and oxygen utilization as well as blood pressure, cholesterol and triglyceride levels within normal ranges.*
- **Vitamin B6 (P5P)** in its most active form helps to convert homocysteine to cysteine, dilate small arteries and protects the heart by helping maintain proper water content in tissues which may help relieve pressure on the cardiovascular system.* It's a cofactor for over 60 different enzymatic reactions in the body and is needed for proper metabolism of fat and cholesterol.*

- **Vitamin B12 and Calcium Folate** (the most active form of Folic Acid) help to convert homocysteine to methionine, are needed for the formation of red blood cells and support capillary blood flow.*
- **Zinc** is necessary for an enzyme which converts homocysteine into methionine using TMG as a methyl donor.*

Heart and Circulatory Support:

- **L-Carnitine** helps maintain triglyceride levels within normal ranges by transporting fatty acids through the blood to mitochondria where it's converted to ATP (energy).*
- **Coenzyme Q10** helps to increase cellular energy within the heart and support heart muscle strength.*
- **Magnesium** supports heart rate, regulates electrical activity, maintains normal blood thickness, strengthens the heartbeat, supports proper muscle tone and maintains the integrity of blood vessel walls.*

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving

Vitamin B6 (as Pyridoxyl-5-Phosphate)	30 mg
Folic acid	400 mcg
Vitamin B12 (as Methylcobalamin)	500 mcg
Magnesium (as Mg Citrate)	50 mg
Zinc (as Zn Citrate)	5 mg
TMG freebase (as Betaine Anhydrous)	500 mg
Dimethylglycine HCl	200 mg
L-Carnitine	100 mg
Coenzyme Q10	33.34 mg

Other ingredients: stearic acid, microcrystalline cellulose, vegetable stearate, croscarmellose sodium, silicon dioxide, hydroxypropyl methylcellulose, titanium dioxide, polyethylene glycol.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this or any nutritional product.

Suggested Use: As a dietary supplement, take 1 tablet, 3 times daily between meals.

0600416.090 (90 Vegetarian Tablets)

*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