

DMG

Increases stamina & sports
muscle recovery.
Antioxidant

- INCREASES STAMINA
- IDEAL FOR AUTISM
- STRENGTHENS THE IMMUNE SYSTEM
- SUPPORTS MUSCLE RECOVERY



DMG (*N,N*-Dimethylglycine) is a methylated amino acid found in all cells. DMG is an antioxidant and methyl donor that has a number of beneficial effects. DMG has been shown to increase stamina. DMG helps transport oxygen into cells, increasing efficiency and preventing lactic acid build-up. DMG is an extremely valuable anti-stress nutrient, ergogenic food factor and pro-oxygen nutrient that can enhance both physical and mental performance. It reduces pre-race stress, improves racing speed and gives greater endurance. DMG can benefit stamina, epilepsy, arrhythmia, circulatory problems, angina, blood pressure, hypoglycemia, fatigue, diabetes, elevated triglycerides, allergies, muscle cramps, arthritis, pain, aging effects, and immune system response.

Sports

DMG functions by increasing oxygen utilization and retarding lactic acid buildup. The buildup of lactic acid is responsible for muscle fatigue, which causes runners, both human and animal, to fade in the home stretch. Tested on athletes, DMG increased maximum oxygen absorption by 27%. Athletes taking DMG had a 23.6% increase over placebo controls in length of exercise time before exhaustion. Veterinarians and horse trainers use DMG for optimizing endurance and stamina.

Autism

DMG is found to be beneficial to many autistic individuals. Similar to vitamin B₆ and magnesium, DMG is safe, relatively inexpensive, and helps approximately half of the autistic population. Laboratory research has shown that DMG strengthens the immune system. Autistic individuals have dysfunctional immune systems. Some autistic children and adults suffer from seizures and there are published reports of decreases in seizures as a result of DMG⁽¹⁾.

Other studies have shown little to no improvements from DMG supplementing with autistic individuals. However, the studies used only half the recommended dose. A recent double-blind placebo-controlled study at the Center for the Study of Autism in Salem, Oregon, involving 84 participants, documented a significant decrease in behavior problems⁽²⁾.

The recommended daily dose of DMG for people with autism is between one to four 125 mg capsules for a child, and between two and eight capsules for an adult. Initially, a person should begin with one 125 mg and then increase the amount by one capsule every 2 to 3 days. DMG is also available in tablets and sweet-tasting dissolving tablets.

There are no documented long-term side effects from DMG; however, in a few cases, parents report agitation and/or hyperactivity in their children. In these cases, it is recommended that folic acid also be given to the person. The suggested amount is two 800 microgram tablets for each 125 mg tablet of DMG. Some professionals suggest that DMG should always be supplemented with folic acid since folic acid cannot cause any harm, reduces the possibility of agitation/hyperactivity, and could possibly be more effective than when giving DMG alone.

Each vegetable capsule contains:

DMG (*N,N*-dimethylglycine)..... 125 mg

Non-medical ingredients: Vegetable magnesium stearate and silicone dioxide, in a NON-GMO vegetable capsule composed of vegetable cellulose and purified water.

Contains no: Preservative, artificial flavour or colour, sugar, dairy, starch, wheat, corn, soy or yeast.

Suggested use:

As a dietary supplement, take 1 to 3 capsules daily with meals or as directed by your health care professional.

Keep out of reach of children.

(1) New England Journal of Medicine, 1982, 307, 1081-1082; Epilepsia, 1989, 30, 90-93

(2) Unpublished study by Drs. Shin-siung Jung, Bernard Rimland, and Stephen M. Edelson

Manufactured under strict GMP (Good Manufacturing Practices)
New Roots Herbal at 1-800-268-9486 or www.newrootsherbal.com