



TECHNICAL BULLETIN

DMG 3000™

Extra-concentrated blend, our best value in blended DMG. Give less, get more, and save money, too!

- Contains 3,000 mg of DMG (N,N-Dimethylglycine HCl) per ounce, so you give less
- Helps transport oxygen that breaks down glycogen to fuel the ATP cycle, creating energy in the body
- Each scoop holds 3,000 mg



Research Uncovers Role Of DMG DMG is the popular abbreviation for the ingredient N,N-Dimethylglycine, which is found in low levels in many foods. DMG is also produced within the cells of the body from choline and betaine and so is classified as an "intermediary metabolite." DMG plays a crucial role in the respiratory cycle of the cells, transporting oxygen and serving as a potent methyl donor. A larger ingredient complex containing DMG was the subject of numerous studies in the Soviet Union during the 1960s. This work led to its adoption as part of the dietary regimen for Soviet athletes. In the mid-1970s, the American biochemist Dr. Roger Kendall identified DMG as the key ingredient of the Soviet formula. Since then, research at several American universities has demonstrated DMG's usefulness in a variety of species, including the horse.

DMG Inside the Cell All of the energy available to the horse's body for work comes from a complex chemical reaction called the ATP cycle. This cycle occurs within the mitochondria, small bodies inside the cells often called the "powerhouse of the body." DMG is used to help transport the oxygen that breaks down glycogen ("blood sugar") to fuel the ATP cycle. This function of DMG has led researchers to study its impact on lactic acid production in horses.

Why Give DMG? DMG is primarily found in the body as a product of cellular action. Supplementation makes additional DMG available to cells throughout the body. DMG is a water soluble ingredient and is very readily absorbed. DMG is constantly broken down as it is used in the mitochondria. Since this metabolism occurs quickly, it is recommended that DMG be given twice daily.

3,000 mg Per Ounce DMG 3000 is a good example of our "give less, get more" philosophy. It's extra-concentrated to deliver our premium quality DMG in a smaller, easy-to-give ¼ ounce scoop. DMG 3000's more efficient formula also makes it more economical.

Recommended Directions for use: Enclosed level scoop holds 1/4 ounce. Give 1 level scoop (provides 750 mg DMG HCl) twice daily. Two to three level scoops twice daily beginning 2 to 3 days before and during performance. Severely stressed horses may benefit from additional amounts. Keep cool and dry. Reseal after each use. See Package for complete instructions.

Questions? Call toll-free 1-800-848-2359 for information.
Visit vitaflex.com for product information and special offers!

Vita Flex Nutrition • 301 W. Osborn Rd. • Phoenix, AZ 85013

©2003, 2005, 2009 Vita Flex Nutrition 300504637 09-0952 Vita Flex is a registered trademark of Farnam Companies, Inc.

