DMG is an abbreviation for dimethylglycine, an amino acid with the chemical formula (CH3)2NCH2COOH. It is derived from glycine, which is one of the 20 amino acids commonly used to synthesize proteins in humans. DMG was originally named vitamin B16 when it was first discovered. However, it was later determined that DMG is synthesized in the body, which means that it doesn’t qualify as a vitamin.

DMG is produced by many biochemical processes in the human body such as the citric acid cycle, also known as the Krebs cycle. It is also a byproduct of choline metabolism. These processes produce DMS in small quantities, since it breaks down quickly. The most important dietary sources of DMG are protein-rich foods such as beans and organ meats, especially liver. It is also produced when a methyl group is removed from trimethylglycine, which is found in many plants.

Health supplements often contain DMG in the form of its hydrochloride salt, commonly known as DMG HCL. The synthesis of this form of DMG involves the alkylation of glycine by using formic acid and formaldehyde. This product is then converted to DMG HCL by adding hydrochloric acid. DMG HCL may be converted to free-form DMG by neutralizing it with an oxide, typically silver oxide.

Support of the immune system is one of the most common uses of a DMG HCL supplement. It may also support energy levels, weight management and healthy behavioral patterns.

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