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Memorial Sloan Kettering
Cancer Center

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What is it?

Dimethylglycine has been used to improve immune function and to manage autism and seizures, but evidenced is mixed or lacking.

Dimethylglycine (DMG) is an amino acid found naturally in plant and animal cells and in many foods such as beans, cereal grains, brown rice, pumpkin seeds, and liver. It is used to improve energy, boost the immune system, and to manage seizures and autism. There are some positive reports of DMG efficacy on the immune system. However, none of these claims have been confirmed in clinical trials.

What are the potential uses and benefits?

- Athletic-performance enhancer

There is no scientific evidence to support this use.

- Immunostimulant

There is conflicting data about the efficacy of dimethylglycine in boosting the immune system.

- Autism

Limited studies have produced mixed results, and a recent systematic review did not find evidence of benefit with DMG for autism symptoms.

- Epilepsy

Single case reports describe decreased seizure frequency, but larger studies have not documented any benefit.

- Attention deficit-hyperactivity disorder (ADHD)

There is no scientific evidence to support this use.

- Chronic fatigue syndrome

There is no scientific evidence to support this use.

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Dimethylglycine - Last updated on February 9, 2022

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