



PATIENT & CAREGIVER EDUCATION

Dimethylglycine

This information describes the common uses of Dimethylglycine, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is it?

Dimethylglycine has been used to improve immune function and to manage autism and seizures, but evidence 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 questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

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

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