



CODE 0225

V3

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Glycine is a non-essential amino acid and has the simplest structure of all amino acids, allowing it to fit easily within protein chains and make space for structurally larger amino acids. This feature makes it very important for specific bodily functions. Glycine is also a precursor of creatine, which is used to construct DNA and RNA. And it supports glycogen storage, thereby making more glucose available for energy production.* The amino acid Glycine is non-chiral and only has one form without a D- or L- designation.

SUGGESTED USAGE: As a dietary supplement, take a 1/4 level teaspoon mixed in water or juice 1 to 3 times daily. Consider taking these other NOW® products: Whey Protein, L-Cysteine and GILSODin®.



Glycine

AMINO ACID

100% Pure Powder

- Supports Energy Production
- Important for DNA & RNA*
- Pharmaceutical Grade

Net Wt. 1 lb. (454 g)

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1/4 Level Teaspoon (1 g)
Servings Per Container 454

Amount Per Serving	
Glycine (Free-Form)	1 g (1,000 mg)*
* Daily Value not established.	

Other ingredients: None.

Distributed by NOW FOODS

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For more product information visit www.nowfoods.com/0225

100% Pure. Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

NOW® Glycine Powder is Pharmaceutical Grade.

Store in a cool, dry place after opening. Please Recycle.

This product is sold by weight not volume.