

Amino acids are the building blocks of proteins.** Glycine is an amino acid that supports the healthy function of ligaments and tendons and the nervous system.** Country Life uses Vitamin B6 to aid in utilization.**

****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.**

YES	CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO	YEAST, WHEAT OR CORN
YES	CERTIFIED VEGAN BY THE AVA	NO	SOY, MILK OR SALT
YES	RECYCLABLE PACKAGING	NO	SUGAR OR PRESERVATIVES
YES	MANUFACTURING SUPPORTS WIND POWER	NO	ARTIFICIAL COLORS,
YES	KOSHER-PARVE		FLAVORS OR SWEETENERS

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



Dietary
Supplement

100 Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

ESTABLISHED
— 1971 —
**Country
Life**

GLYCINE

500 mg

Certified Gluten-Free

- Supports the nervous system**
- Supports energy**
- Supports ligament and tendon health**

Directions: Adults take one (1) tablet daily, or as directed by your health care provider. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value	
Vitamin B6 (as pyridoxine hydrochloride)	8.5 mg	500%
Glycine (free form)	500 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, organic coating (tapioca maltodextrin, sunflower lecithin, sustainable palm oil, guar gum), silica, magnesium stearate.

CAUTION: If you are pregnant, nursing, taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 1230