

GlyMag-Z Features:

- Offers a combination of the inhibitory neurotransmitter glycine and magnesium to provide support for occasional sleeplessness[†]
- Promotes healthy circadian rhythm and sleep quality[†]
 - Research suggests glycine and magnesium promote healthy sleep quality and suprachiasmatic nuclei function, the area in the brain responsible for controlling circadian rhythms[†]
 - In a small study involving sleep deprived volunteers, 3 grams of glycine enhanced subjective sleep quality, sleep onset time, and daytime alertness[†]
- Great-tasting, lemon-lime flavor

[†]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.



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GlyMag-Z

*Promotes healthy sleep quality
and relaxation in convenient,
single-serving stick packs[†]*

hypoallergenic
DIETARY SUPPLEMENT
30 single-serving stick packs

Supplement Facts

Serving size 1 stick pack (7.2 g)
Servings per container 30

	Amount Per Serving	% Daily Value
Magnesium (as magnesium gluconate)	150 mg	38%
Potassium (as potassium citrate)	30 mg	1%
Glycine (free-form)	3 g	*
Stevia leaf extract	20 mg	*

*Daily value not established

Other ingredients: xylitol, citric acid, malic acid, natural lemon and lime flavors, maltodextrin, Luo Han Guo (*Momordica grosvenorii*) extract (fruit)

STORE SEALED IN A COOL DRY AREA

Commitment to Quality Program

Sourced and manufactured to avoid:[†]

- ✓ Artificial Additives ✓ Allergens ✓ GMOs
 - ✓ Environmental Contaminants ✓ Added Excipients
- www.PureEncapsulations.com/QualityControl
[†]See Supplement Facts for specific product details

Recommendations: As a dietary supplement, take 1 stick pack daily mixed with 8 oz water, 30-60 minutes before bedtime.

Tamper Resistant: Use only if safety seal is intact.

Warning: Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.

manufactured and formulated by:
Pure Encapsulations, Inc. Sudbury, MA USA
1-800-753-2277 www.PureEncapsulations.com

code: GMZB3



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