

Scan for
product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule one to three times daily, on an empty stomach at bedtime, or as recommended by a healthcare practitioner.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

*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.



L01669D



**LIFE
EXTENSION®**

Glycine
1000 mg



Amino Acid for
Healthy Sleep*

100 VEGETARIAN
CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value
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Glycine	1000 mg	**
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**Daily Value not established.

Other ingredients: vegetable cellulose (capsule), ascorbyl palmitate.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309 • LifeExtension.com
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Store tightly closed in a cool, dry place.