

Product Information: *Glycine is an amino acid and neurotransmitter which plays a variety of roles in the brain. Glycine is most commonly used as a supplement for its ability to support healthy sleep. It has also been shown to support liver, kidney, and cognitive health.

Suggested Use: As a dietary supplement, 2-4 capsules (1000-2000 mg) per day on an empty stomach. If using to support sleep quality, use around 1-2 hours before bed. Do not exceed 10 capsules in one day.

Storage: Store in a cool, dark place. Do not freeze or expose to moisture or heat above room temperature.



Manufactured for:
Double Wood LLC

3510 SCOTTS LN STE 219
PHILADELPHIA, PA 19129
United States

www.doublewoodsupplements.com



GLYCINE

1000 mg
per serving

- * Supports Healthy Sleep Quality
- * Supports Liver and Kidney Health

300 Capsules
Dietary Supplement

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 150

Ingredient	Amount per Serving	Daily Value
L-Glycine	1000 mg	†

† Daily Value not established

Other Ingredients: Gelatin (capsule), Cellulose, Silicon Dioxide, Magnesium Stearate

WARNING: Consult your physician before use. Do not use Glycine if you are pregnant, nursing, or are under 18 years of age. Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not use Glycine and operate heavy machinery until you know how it affects you. Keep out of reach of children. Do not exceed 10 capsules per day.

* 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.