

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: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.

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.



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 (approximately 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	*

*Daily value not established

Other ingredients: xylitol, citric acid, malic acid, natural lemon and lime flavors, maltodextrin, luo han guo (*Momordica grosvenorii*) extract (fruit), stevia leaf extract