

Glycine is a non-essential amino acid and has one of the simplest structure of all amino acids, allowing it to fit easily within protein chains and make space for structurally larger amino acids. This feature makes it very important for specific bodily functions. Glycine is also a precursor of creatine, which is used to construct DNA and RNA. The amino acid Glycine is non-chiral and only has one form without a D- or L- designation.\* Certain research publications indicate that Glycine may help support the following:

- > Supports energy production\*
- > Supports healthy immune system\*
- > Supports healthy nervous system\*

**SUGGESTED USE:** As a dietary supplement, take 1/4 level teaspoon 1 to 3 times daily mixed in water or juice, preferably on an empty stomach.

**Keep out of the reach of children.**  
**Do not use if safety seal is broken or missing.**  
**Keep in cool, dry place.**

\*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.

 **PACKAGED IN USA**



# Glycine

## Premium Formula

### Pure Powder

### 3rd Party Lab Tested



**Net Wt. 1 lb. (454g) DIETARY SUPPLEMENT**

## Supplement Facts

Serving size: 1/4 level teaspoon (1.0 g)  
 Servings per container: 454

	Amount per serving	%Daily Value
Glycine (free-form)	1.0 g (1000 mg)	*

\*Daily Value not established.

**Other Ingredients:** None.

**CAUTION:** For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Corn, No Soy, No Egg, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.**

Manufactured for Best Naturals,  
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 Lot# Exp#

