

**Suggested Usage:** Take 1-3 capsules daily, preferably on an empty stomach.

Glycine is the smallest and simplest amino acid, making it versatile for use in a wide range of functions. Glycine is necessary for the production of glutathione, DNA, creatine, bile, hemoglobin, and most proteins.\* It also helps to promote glycogen storage, thereby making glucose readily available for energy production.\* Glycine also functions as a calming neurotransmitter in the brain, where it facilitates nerve impulses and is important for the maintenance of healthy sleep patterns.\*

\*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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Distributed by Lucky Health Group Inc.  
Conshohocken, PA 19428, USA  
1-888-635-0474

[www.LuckyVitamin.com](http://www.LuckyVitamin.com)



1 YEAR  
**happiness**  
GUARANTEE



**LUCKY  
VITAMIN**

**Glycine**

1,000 mg

- Promotes Restful Sleep\*
- Nervous System Support\*

**100 Veg Capsules**  
Dietary Supplement

## Supplement Facts

Serving Size 3 Veg Capsules  
Servings Per Container 33

### Amount Per Serving

Glycine	3 g (3,000 mg)**
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\*\* Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Hydroxypropyl Cellulose, Stearic Acid (vegetable source) and Silicon Dioxide.

Not manufactured with wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.



CAPSULE SIZE

LU0107D V1

