



Glycine Powder

Free-Form Amino Acid

DIETARY SUPPLEMENT

✓ Energy Support* ✓ Healthy Sleep* ✓ Collagen Production*

Net Wt. 3.53 oz (100 g)

Supplement Facts

Serving Size 1/2 Teaspoon (enclosed 1 level scoop - 2 g)
Servings Per Container about 50

	Amount Per Serving	% DV
Glycine	2 g (2,000 mg)	†

† Daily Value (DV) not established.

Directions: Adults: take 1/2 teaspoonful (one level scoopful) daily mixed into food or liquid. Keep bottle tightly closed. Store away from heat and moisture.

Warning: Do not take if you are pregnant or lactating or are sensitive to glycine.



Carlson

Providing the highest quality nutritional supplements since 1965

Glycine helps maintain optimal energy levels and a healthy metabolism, promotes relaxation and a healthy sleep pattern, and plays an important role in collagen production.* Glycine in powder form promotes superior absorption.

✓ **Gluten-free** ✓ **No Artificial Preservatives**

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

POTENCY & QUALITY GUARANTEED

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This product may vary in appearance and consistency. This product is sold by weight not volume.



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