

Suggested Usage: Take 1/4 - 3/4 level teaspoon daily mixed in water or juice, 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.

CODE 0225 V6



Glycine

Pure Powder

Neurotransmitter Support*

- Promotes Restful Sleep*
- Nervous System Support*
- Pharmaceutical Grade

NET WT. 1 LB. (454 g)

A Dietary Supplement Vegetarian/Vegan



Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 3/4 Level Teaspoon (approx. 3 g)
Servings Per Container about 151

	Amount Per Serving	% Daily Value
Calories	10	
Glycine (Free-Form)	3 g (3,000 mg)	†

† Daily Value not established.

Other ingredients: None.

Packaged by NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Packaged and quality tested in the USA.

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

This product is sold by weight not volume.

Store in a cool, dry place after opening.

