

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 proteins, 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.

CAPSULE SIZE

CODE 0107B V3



7 33739 00107 8



Glycine

1000 mg

Amino Acid

- Promotes Restful Sleep*
 - Nervous System Support*
 - Pharmaceutical Grade
- ## 100 Veg Capsules



A Dietary Supplement Vegetarian/Vegan

Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 3 Veg Capsules

Servings Per Container 33

Amount Per Serving

Glycine (Free-Form)	3 g (3,000 mg)*
---------------------	-----------------

* Daily Value not established.

Other ingredients: Cellulose (capsule), Magnesium Stearate (vegetable source) and Silica.

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

Not manufactured with wheat, gluten, soy, 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.

Please Recycle.

