

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 V4



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

Glycine (Free-Form)	3 g (3,000 mg)*
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* Daily Value not established.

Other ingredients: None.

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.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.

