

Scan for
product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) to three (3) capsules on an empty stomach at bedtime, or as recommended by a healthcare practitioner.

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

*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.



Q01669C

LifeExtension®

Glycine

1000 mg



Amino Acid for Healthy Sleep*

Dietary
Supplement

100 Vegetarian
Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value
Glycine	1000 mg **

**Daily Value not established.

Other ingredients: vegetable cellulose (capsule), ascorbyl palmitate.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, Florida 33309
info@lifeextension.com • www.lef.org
To report a serious adverse event or obtain product
information, contact 1-866-280-2852.