

Amino acids are the building blocks of proteins.\*\* Glycine is an amino acid that supports the healthy function of ligaments and tendons and the nervous system.\*\* Country Life uses Vitamin B6 to aid in utilization.\*\*

**\*\*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.**

**YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG

**YES** CERTIFIED VEGAN BY THE AVA

**YES** RECYCLABLE PACKAGING

**YES** MANUFACTURING SUPPORTS WIND POWER

**YES** KOSHER-PARVE

**NO** YEAST, WHEAT OR CORN

**NO** SOY OR MILK

**NO** SALT OR SUGAR

**NO** PRESERVATIVES

**NO** ARTIFICIAL COLORS,  
FLAVORS OR SWEETENERS

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



02116NL



Dietary  
Supplement **100** Tablets

— Our PLEDGE of INTEGRITY —  
AUTHENTICITY • CLEANLINESS • FRESHNESS  
CONSISTENCY • ACCURACY

ESTABLISHED  
— 1971 —  
**Country  
Life**

# GLYCINE

**500 mg**

**Certified Gluten-Free**

- Supports ligament and tendon health\*\*
- Supports the nervous system\*\*
- Supports energy\*\*

**Directions:** Adults take one (1)

tablet daily, or as directed by your health care provider. As a reminder, discuss the supplements and medications that you take with your health care providers.

## Supplement Facts

Serving Size 1 tablet

| Amount Per Serving                       | % Daily Value |      |
|------------------------------------------|---------------|------|
| Vitamin B6 (as pyridoxine hydrochloride) | 10 mg         | 500% |
| Glycine (free form)                      | 500 mg        | *    |

\* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, silica, magnesium stearate, vegetable glaze.

**CAUTION:** If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

**Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.**

Manufactured by Country Life, LLC  
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CountryLifeVitamins.com  
Product No. 1230