

**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 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 0107C V4



# Glycine

## 1000 mg

Neurotransmitter Support\*

Pharmaceutical Grade, Free-Form

- Promotes Restful Sleep\*
- Nervous System Support\*

### 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	3 g (3,000 mg)*
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\* Daily Value not established.

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

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA    [nowfoods.com](http://nowfoods.com)

Not manufactured with wheat, gluten, soy, corn, 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.

