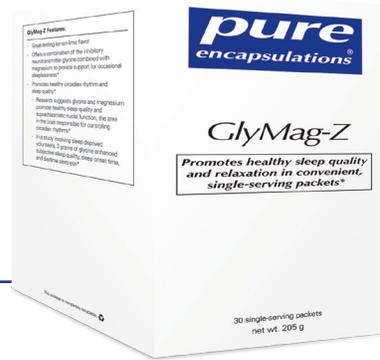




— Your Trusted Source —

# GlyMag-Z

Introduced 2013



## What Is It?

GlyMag-Z provides convenient single-serving packets designed to promote healthy sleep quality and relaxation.\*

## Uses For GlyMag-Z

**Sleep and Relaxation:** GlyMag-Z offers a combination of the inhibitory neurotransmitter glycine and magnesium to provide support for occasional sleeplessness. Research suggests that both glycine and magnesium promote healthy sleep quality and suprachiasmatic nuclei function, the area in the brain responsible for controlling circadian rhythms. Additionally, glycine has been associated with healthy sleep properties, including postsynaptic inhibition responsible for REM sleep atonia and a decreased core body temperature associated with sleep. In a small study involving sleep deprived volunteers, 3 grams of glycine enhanced subjective sleep quality, sleep onset time, and daytime alertness.\*

## What is the Source?

Magnesium and potassium are derived from the lime of rock. Gluconate and citric acid are derived from corn dextrose fermentation. Glycine is synthetically produced. Xylitol is derived from corn cob. Stevia is from the leaves of the botanical *Stevia rebaudiana*.

## Recommendations

Pure Encapsulations recommends 1 packet daily, mixed with 8 oz water, 30-60 minutes before bedtime.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. G.I. upset has been reported by a small number of individuals taking glycine. Glycine may be contraindicated for those immediately recovering from stroke or with liver and kidney disease. At high dosages magnesium gluconate can cause loose stools. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Glycine may be contraindicated for those taking clozapine, an antipsychotic medication. Magnesium should be taken separately from Bisphosphonate medications. Caution should be taken with concurrent use of potassium-sparing diuretics. Magnesium may also be contraindicated with certain antibiotics. Consult your physician for more information.

## GlyMag-Z

<b>each packet (6.85 g) contains</b> ▼	
magnesium (as magnesium gluconate).....	150 mg
potassium (as potassium citrate) .....	30 mg
glycine (free-form) .....	3 g
stevia .....	20 mg
other ingredients: xylitol, citric acid, malic acid, natural lemon and lime flavors, maltodextrin, luo han guo (momordica grosvenorii) extract (fruit)	
<b>Take 1 packet daily, mixed with 8 oz water, 30-60 minutes before bedtime.</b>	
<b>serving size: 6.85 g (1 packet)</b>	
<b>servings per container: 30</b>	

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.