

# Glycine

Supports restful sleep and detoxification<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Sleep and detoxification support<sup>†</sup>

## BENEFITS

- Promotes healthy kidney and liver function<sup>†</sup>
- May support nervous system health<sup>†</sup>
- Supports detoxification<sup>†</sup>

## FEATURES

- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Glycine is the simplest amino acid; its side chain consists of just a single hydrogen atom. Supplementation with glycine has been shown to support healthy kidney and liver function as well as nervous system health. Animal studies and a small human study indicate that glycine has the potential to support memory and mental function.<sup>1</sup> In another human trial, glycine, acting as an inhibitory amino acid, had neuroprotective effects.<sup>2</sup> Animal studies suggest that glycine plays a protective role for the kidneys and liver particularly by supporting detoxification of certain chemicals.<sup>3†</sup>

## SUGGESTED USE

As a dietary supplement, take 3 capsules, 1-2 times daily, between meals.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Glycine is synthetically produced
- Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation
- Hypo-allergenic plant fiber is derived from pine cellulose

## NOTES

Size 1 caps

Bottle count 180

Order code GL1

Bottle size 290 cc

## REFERENCES

1. Bannai M, et al. *Front Neurol*. 2012 Apr 18;3:61.
2. File SE, et al. *J Clin Psychopharmacol*. 1999 Dec;19(6):506-12.
3. Yang S, et al. *Critical Care Medicine*. 2001. 29(6); 1201-1206.

## SUPPLEMENT FACTS

**3 capsules, 1-2 times daily, between meals.**

**Three (size 1) vegetarian capsules contain:**

Calories	5
Glycine (free-form)	1,500 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate



Glycine	Quantity	Order Code
	180	GL1

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.