

Product Information Sheet

Product Name	NOW Supplements, Glycine Pure Powder, Promotes Restful Sleep*, Neurotransmitter Support*, 1-Pound
Brand	NOW Supplements
Vendor SKU	0225
UPC	733739002259
GTIN	30733739002250
Country of Origin	CN
Serving Size	3/4 Level Teaspoon (approx. 3 g)
Unit Count	1
Directions	Take 1/4 - 3/4 level teaspoon daily mixed in water or juice, preferably on an empty stomach. Store in a cool, dry place after opening.
Ingredients	Supplement Facts Serving Size: 3/4 Level Teaspoon (approx. 3 g) Servings Per Container: about 151 Description Amount per Serving % Daily Value Glycine (Free-Form) 3 g (3,000 mg) ** Daily Value not established. **Daily Value not established. Other Ingredients: None. Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Store in a cool, dry place after opening. Natural color variation may occur in this product. This product is sold by weight not volume. Packaged and quality tested in the USA. Family owned since 1968.
Product Description	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.* Natural color variation may occur in this product.