

## Glycine Powder

**300 grams**

Item Catalog Number: 00128

Glycine is a conditionally essential amino acid that serves as both an inhibitory and excitatory neurotransmitter. It is the chemically simplest and most omnipresent of all the amino acids. It combines with many toxic substances, converting them to harmless forms which are then excreted.

This amino acid has a calming effect on the brain and is also involved in growth.<sup>182-203</sup> Research suggests that glycine may help promote deeper sleep.<sup>186,204</sup> Glycine also has a positive impact on attention and memory in adults.<sup>205,206</sup> Glycine may also help boost the immune defense system and has oxidative stress regulating effects.<sup>207,208</sup>

Most people need to take between one to three grams of glycine to be effective. However, most glycine products are only available in 500 milligram capsules. That makes taking higher doses cumbersome and costly. However, Life Extension®'s glycine comes in either 1000-mg, easy-to-swallow capsules or in powder form.

## References

### Supplement Facts

Serving Size 1/4 level teaspoon (approximately .7 grams)

Servings Per Container 428

### Amount Per Serving

Glycine 700 mg

Other ingredients: none.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

## Dosage and Use

- Take 1/4 level teaspoon daily on an empty stomach, or as recommended by a healthcare practitioner.

## Caution

If you have kidney or liver disease, have suffered from a stroke, or are taking the antipsychotic drug clozapine, consult a healthcare practitioner before using this product.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

without first consulting your physician.