

Glycine

100% pure Glycine powder



Key Benefits

- » Improves sleep quality and helps you fall asleep faster
- » Supports collagen production for healthy skin, joints, and bones
- » Boosts antioxidant protection via glutathione production
- » Helps regulate blood sugar and metabolic function
- » Supports brain health, memory, and cognitive performance.

Glycine is a proteinogenic amino acid helping the body produce the proteins it needs for everyday health. It plays a role in a range of body systems from collagen synthesis to working as part of the tripeptide glutathione to reduce oxidative stress and support cellular health. It plays a significant role in supporting brain health and the sleep cycle by aiding blood sugar regulation and acting as an inhibitory neurotransmitter in support of stress management.

Nutritional Information

	Serving size: 1 scoop (5 ml)	Servings per container: 87
	per serving	% NRV*
Glycine	4.6 g	†

* Nutrient Reference Value. † NRV not yet established.

Ingredients:

100% Glycine Powder

Mitochondrial Dysfunction

Phase I/II Liver Detox Support

Sleep-Wake Cycle Disruption

Cartilage & Collagen Degradation

Oxidative Stress

Mood Dysregulation (Anxiety / Depression)

Healthy Ageing & Longevity

Clinical Application

Glycine has many uses in practice as it is an integral part of the body's own health systems.

Studies have shown that Glycine acts as an inhibitory neurotransmitter in the central nervous system, particularly in the spinal cord, brainstem, and retina, which helps to regulate nerve impulses and reduce neuronal excitability which is relevant in today's world. This also helps with sleep regulation, particularly because it also lowers body temperature and enhances sleep onset and maintenance, contributing to improved sleep.

Glycine is involved in collagen synthesis as it is a major component of collagen, essential for the formation and maintenance of healthy skin, joints, bones, and connective tissues. It serves as a precursor to glutathione, a major antioxidant that helps protect cells from oxidative damage and supports overall cellular health. This is why it exhibits anti-inflammatory properties as well, as it is also involved in modulating inflammatory pathways and reducing the production of inflammatory cytokines.

Blood sugar regulation is at the forefront of practices today. Glycine might be the missing component into achieving better blood sugar results as it supports various metabolic processes, including energy production and nutrient metabolism whilst also helping with detoxification by supporting the detoxification of harmful substances in the liver.

Glycine supports brain health and cognitive function by influencing various brain signaling pathways, potentially enhancing memory and mental clarity.

It also contributes to the immune function by supporting the production and activity of immune cells and proteins, enhancing the body's ability to fight infections and illnesses.

Potential Benefits

- Promotes better sleep quality by lowering body temperature and enhancing sleep onset and maintenance
- Crucial for collagen production - vital for skin, joint, and bone health
- A precursor to glutathione, a major antioxidant that protects cells from oxidative stress
- Exhibits anti-inflammatory properties, helping to reduce inflammation in various tissues
- Helps regulate blood sugar levels and supports metabolic processes
- Assists in detoxifying harmful substances in the liver
- Involved in creatine synthesis - important for muscle energy and performance
- Supports brain health and cognitive function, potentially enhancing memory and mental clarity
- Contributes to immune function by supporting the production of immune cells and proteins.

Directions for Use

Take one scoop (5 ml) daily. Dissolve in water or juice or as directed by your healthcare provider. To improve sleep quality take at/before bedtime.

Allergens & Cautions

- Contains no known allergens
- Suitable for vegetarians & vegans.

Combines well with

Curcumin, Resveratrol, Vitamin C, L-Glutamine