



# Glycine

## What Is It?

Glycine is the simplest amino acid; its side chain consists of just a single hydrogen atom. Because of its simplicity, it has only one form, not two (l- or d-) like other amino acids. It is an abundant amino acid and is not considered essential. Supplementation with glycine, however, has been shown to support healthy kidney and liver function as well as nervous system health.\*

## Uses For Glycine

**Cognitive Support:** In animal studies and in a small human study, glycine demonstrated the potential to support memory and mental function. In another human trial, glycine, acting as an inhibitory amino acid, had neuroprotective effects.\*

**Detoxification Support:** Animal studies suggest that glycine plays a protective role for the kidneys and liver particularly by supporting detoxification of certain chemicals. Glycine has also been shown to moderate the release of cytokines during times of metabolic stress.\*

## What Is The Source?

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

## Recommendations

Pure Encapsulations recommends 3-6 capsules (1500-3000 mg.) daily, in divided doses, between meals.

## Are There Any Potential Side Effects Or Precautions?

Glycine may be contraindicated for those immediately recovering from stroke or with liver and kidney disease. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Glycine may be contraindicated for those taking clozapine, an antipsychotic medication.

### Glycine

**each vegetable capsule contains**



glycine (free-form).....	500 mg.
vitamin C (as ascorbyl palmitate).....	20 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
<b>3-6 capsules per day, in divided doses, between meals.</b>	

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.