

# Glycine Powder

Free Form Amino Acid



FOUNDATIONAL HEALTH



Glycine Powder contains 3 grams of glycine, a free form amino acid that supports protein synthesis, musculoskeletal health, antioxidant status, detoxification, sleep, and memory.\* Glycine Powder is slightly sweet and mixes well with water or any other beverage. Although glycine can be created by the body, the many biological functions of the amino acid may warrant supplementation, especially for those undergoing stress or those with low protein intake.

Glycine is necessary for the structural building blocks of connective tissues, which make up the heart, bones, tendons, skin, lungs, muscles, and more. Therefore, glycine may help support normal tissue repair and regeneration.\* Glycine is needed to create

oxygen-transporting proteins and to absorb fat and fat-soluble vitamins (vitamins A, D, E, and K). Glycine is also needed to create glutathione, which is the body's primary antioxidant. Supporting glutathione status may promote redox balance in the body and cellular energy production.\* Glycine can help maintain proper detoxification pathways and liver health, which are necessary to rid the body of unwanted toxins.\* When taken before bed, glycine may support sleep quality, possibly supporting a balanced mood and stress response.\* Yet, taking glycine during the day for other health outcomes does not cause unwanted drowsiness. Glycine may also support memory.\*

## Benefits\*

- Supports detoxification and liver health
- Promotes fat digestion and absorption
- Supports antioxidant status
- Promotes musculoskeletal health and maintenance
- Supports sleep quality

## Highlights

- Delivers 3 grams of glycine per serving
- Slightly sweet and easy to mix in water or any other beverage
- Allows flexibility with serving sizes
- Gluten-free, dairy-free, and soy-free
- Non-GMO

## Recommended Use

Take 3 grams (approximately one scoop) with water or any other beverage per day, or as directed by your health-care practitioner.

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To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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