

**SUGGESTED USE** Consume one or more capsules daily or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.332.7799.**



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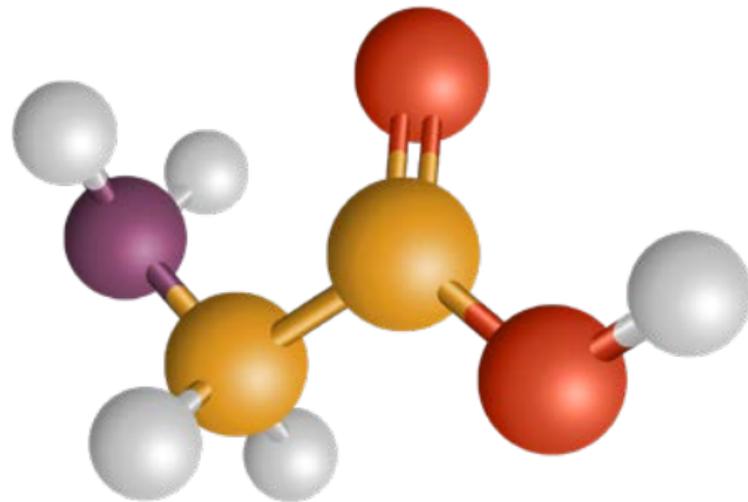
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**PROTEIN'S FUNDAMENTAL BUILDING BLOCK**

# GLYCINE 600™

SUPPORTS HEALTHY GLUCOSE METABOLISM  
COLLAGEN AND GLUTATHIONE PRECURSOR



DIETARY SUPPLEMENT



360 Easy-to-Swallow Capsules

**Andrew Lessman's GLYCINE 600** is a pure source of the simplest, yet uniquely important, amino acid Glycine. Glycine's name results from its subtly sweet taste and the Greek word for sweet (*glyks*). Glycine has become a popular supplement because of its role in, among other things, supporting healthy blood sugar balance and glucose metabolism. Glycine is the principal amino acid in the body's predominant protein, Collagen, and therefore, plays a critical structural role in the creation of healthy skin, bones, joints, blood vessels and connective tissue (tendons, ligaments and cartilage). Glycine is also one of the three required building blocks of Glutathione, which is our body's most powerful, internally produced, protective molecule. Glycine also acts as an important neurotransmitter, while also serving as a signaling molecule in the immune system. In short, despite Glycine's small size and simple structure, it plays a multitude of critical roles promoting the health of the most important systems in our body.

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.

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

**CONTAINS NO ADDITIVES OF ANY KIND.**

## Supplement Facts

Serving Size 1 Capsule Servings Per Container 360

Amount Per Serving

Glycine	600 mg	†
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† Daily Value not established.

Other Ingredients: Gelatin capsule.