

Glycine Powder

Pure powder form of the amino acid glycine

Our Glycine Powder offers the amino acid glycine in a pure powder form for flexible dosing and convenience. Although glycine is synthesized in the human body, supplemental amounts may be beneficial to help meet the body's many biological and metabolic demands for this amino acid. Glycine powder mixes well in water or any other beverage, and may be beneficial in supporting normal muscle tissue repair after a workout.

Health Benefits of Glycine

- **Structural Support:** Glycine is a primary constituent of collagen, a key structural component of blood vessels, skin, bones, cartilage, tendons, ligaments, and other connective tissue. It supports protein synthesis, tissue repair, and wound healing.
- **Detoxification:** Glycine is used by the body to make glutathione, the body's chief antioxidant and a critical component of normal detoxification processes in the liver. Glycine is often lacking in individuals exposed to numerous toxins, which results in an abundance of damaging free radicals.
- **Liver Health:** Glycine can help repair damaged liver cells and support liver health. It also assists the liver in making bile salts, which are necessary compounds for adequately digesting dietary fats and eliminating toxins.
- **Brain Health:** Glycine can function as a calming neurotransmitter and helps combat occasional stress by promoting relaxation. It may be useful for supporting quality sleep and a healthy mood.

Recommended Use

- As a dietary supplement take 3 grams (approx. 1/2 teaspoon) with water or any other beverage per day, or as directed by your health care practitioner.
- Glycine powder can be used post-workout for recovery and glycogen resynthesis, especially for those following a low carb diet and who prefer to avoid post-workout carbohydrates.

Glycine Powder is useful for:

- Muscle and tissue repair
- Healthy skin, joints, and bones
- Strong blood vessels
- Detoxification
- Liver health and function
- Healthy sleep habits
- Balanced moods
- Maintaining healthy blood sugar levels



*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.