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product info

Read the entire label and follow the directions carefully prior to use.

**DIRECTIONS:** Take one (1) to three (3) capsules on an empty stomach at bedtime, or as recommended by a healthcare practitioner.

Store tightly closed in a cool, dry place.

#### WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

\*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.



Q01669C

# LifeExtension®

## Glycine

1000 mg



### Amino Acid for Healthy Sleep\*

Dietary  
Supplement

100 Vegetarian  
Capsules

## Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value
Glycine	1000 mg **

\*\*Daily Value not established.

Other ingredients: vegetable cellulose (capsule), ascorbyl palmitate.

Manufactured for:  
Quality Supplements and Vitamins, Inc.  
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info@lifeextension.com • www.lef.org  
To report a serious adverse event or obtain product  
information, contact 1-866-280-2852.