

Glycine is a non-essential amino acid that is synthesized by the body and is used to form protein. It is a naturally sweet-tasting amino acid. This formulation provides Free Form Glycine to promote optimal absorption and assimilation.\*

\*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.

**Carefully Manufactured by:**  
**Solgar, Inc.**  
500 Willow Tree Road  
Leonia, NJ 07605 U.S.A.

For more information, call toll-free  
1-877-SOLGAR 4  
www.solgar.com  
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# GLYCINE 500 MG

## FREE FORM

GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGETARIANS

100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT



## Supplement Facts

Serving Size: 1 Vegetable Capsule

### Amount Per Serving

Glycine	500 mg**
(Free Form)	

**\*\*Daily Value not established**

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

**FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.**

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) vegetable capsule two times daily, between meals or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

