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product info



10/2022
M20288C05

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

DIRECTIONS: Take one (1) capsule one
to three times daily, 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.



L01669E



**LIFE
EXTENSION®**

Glycine
1000 mg



GLUTEN FREE



Amino Acid for Healthy Sleep*

100 VEGETARIAN
CAPSULES

DIETARY
SUPPLEMENT

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.
Ft. Lauderdale, FL 33309
LifeExtension.com

To report a serious adverse event or obtain product
information, contact 1-866-280-2852.

*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.