

# Cyto-Glycine - Powder

450 grams of pure and stable L-glycine powder. Indicated for improving sleep, mental health, detoxification and collagen building.

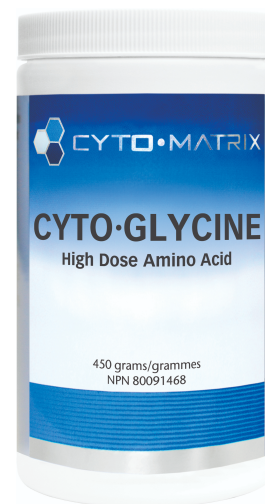
Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- Indicated for improving sleep, mental health, detoxification and collagen building
- 1.8 grams per scoop
- 450 grams per container

Glycine is a conditionally essential amino acid that is used not only for structural purposes, but also as a cellular signal and a precursor for multiple key compounds within the body. Specifically, glycine is a core component of collagen, glutathione, creatine and heme. It also acts as a neurotransmitter in the nervous system and plays a role in immunomodulation, inflammation and bile excretion. Ensuring adequate glycine concentrations in the body is undeniably crucial.

Glycine's role in the nervous system is evident through multiple clinical trials examining the benefits in sleep, schizophrenia and obsessive-compulsiveness. For example, 3 grams of glycine one hour before sleep has been found to improve sleep latency and quality, reduce morning fatigue and improve next-day cognitive performance. Research in schizophrenic

patients demonstrates that supplementation can significantly reduce negative symptoms and have beneficial effects on cognition and positive symptoms. Anecdotally, glycine can reduce acute and generalized anxiety.

Outside of the nervous system, there are many other unique applications for glycine supplementation to consider. Glycine supplementation is capable of improving glutathione status, rapidly increasing growth hormone levels and regulating blood sugar levels through its potentiation of insulin.

Cyto-Glycine is a part of the Cyto-Matrix powder series, providing 1.8 grams of pure and stable L-glycine per scoop. Individual amino acids in a powder delivery allow for personalization, dose-specificity and quick-acting results with your patients.

## Each scoop contains

L-Glycine ..... 5g

## Recommended Use Claim

An amino acid involved in muscle protein synthesis and athletic support.

### Directions of Use

Adults - Take 1 scoop, 3 times per day or as directed by a healthcare professional. Mix product well in 1-2 cups of liquid (water, juice, etc.) immediately before consumption.

### Cautions and Warnings

Do not use if safety seal is broken. Consult a healthcare professional prior to use if you are pregnant or breastfeeding. Ensure to drink enough fluids before, during, and after exercise.

### Duration of Use

Consult a healthcare professional for use beyond 2 weeks.

### Known Adverse Reactions

At 3 scoops per day, some people may experience gastrointestinal discomfort (such as diarrhea).

### Storage Conditions

Do not use if safety seal is broken.