

Cyto·Glycine

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

Each scoop contains:

L-Glycine

5g



450 grams powder

Vegan. GMO, gluten, soy and dairy free.

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.

Key points

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

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.

Related products

Cyto-Arginine
Cyto-Glutamine
Cyto-Lysine
Cyto-Taurine
Cyto-Tyrosine

Non-Medicinal Ingredients: None

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

Directions: 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.

Duration Of Use: Consult a healthcare professional for use beyond 2 weeks.

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.

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



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