

Recommended Use: As a dietary supplement take 3 grams (approx. 1/2 teaspoon) with water or any other beverage per day, or as directed by your health care practitioner.

Supplement Facts

Serving Size 3 grams (approx. 1/2 teaspoon)

Servings Per Container 60

Amount Per Serving	% Daily Value
Glycine	3 g *

*Daily Value not established.