

# Glycine

## DESCRIPTION

Glycine, provided by Douglas Laboratories, supplies 500 mg of the amino acid in each capsule.

## FUNCTIONS

Amino acids have many functions in the body. They are the building blocks for all body proteins—structural proteins that build muscle, connective tissues, bones and other structures, and functional proteins in the form of thousands of metabolically active enzymes. Amino acids provide the body with the nitrogen that is essential for growth and maintenance of all tissues and structures.

Proteins and amino acids also serve as a source of energy, providing about 4 calories per gram. Aside from these general functions, individual amino acids also have specific functions in many aspects of human physiology and biochemistry. Amino acids serve as precursors for many nitrogenous substances. These include heme, purines, pyrimidines, hormones, and neuro-transmitters, including biologically active peptides. In addition, many proteins contain amino acids that have been modified for a specific function, e.g., calcium binding or collagen cross-linking. Glycine plays important roles in glutathione synthesis, bile production and the synthesis of nucleic acids. It is thought to have special importance in supporting neurological, gastrointestinal and connective tissue health.

## INDICATIONS

Glycine may be a useful dietary adjunct for individuals wishing to supplement with this amino acid.

## FORMULA (#7934)

1 Capsule Contains:

Glycine ..... 500mg

## SUGGESTED USE

Adults take 1 capsule daily or as directed by physician.

## SIDE EFFECTS

No adverse side effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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### REFERENCES

- Gusev EI, Skvortsova VI, Dambinova SA, et al. Neuroprotective effects of glycine for therapy of acute ischaemic stroke. *Cerebrovasc Dis* 2000;10:49-60.
- Harvey SG, Gibson JR, Burke CA. L-cysteine, glycine and dl-threonine in the treatment of hypostatic leg ulceration: a placebo-controlled study. *Pharmatherapeutica* 1985;4:227-30.
- Heresco-Levy U, Javitt DC, Ermilov M, et al. Double-blind, placebo-controlled, crossover trial of glycine adjuvant therapy for treatment-resistant schizophrenia. *Br J Psychiatry* 1996;169:610-7.
- Javitt DC, Zylberman I, Zukin SR, et al. Amelioration of negative symptoms in schizophrenia by glycine. *Am J Psychiatry* 1994;151:1234-6.
- Yin M, Ikejima K, Arteel GE, Seabra V, et al. Glycine accelerates recovery from alcohol-induced liver injury. *J Pharmacol Exp Ther* 1998;286:1014-9.

**For more information on Glycine visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

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Your patients trust you.**