



DOCTOR'S[®] CHOICE

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#16 L-Glycine

Doctor's Choice.™ L-Glycine is the simplest nonessential amino acid. It is called glycine because it resembles the sweet taste of glucose (blood sugar) and glycogen (liver starch). Glycine is necessary for optimum growth and for creatine synthesis. As creatine is a compound that is present in muscle tissue and is utilized in the construction of RNA and DNA.

Recommended Dosage: Therapeutic Dosage: Take 1 capsule 1-2 times daily, or as directed by a health care practitioner. For occasional use only.

Recommended Use: Glycine is a non-essential amino acid, and the simplest of all amino acids involved in protein synthesis in the body. Research supports a role for glycine in supporting a wide range of healthy bodily functions, including normal cell growth and development.

Caution/Risk Information/Contra-Indications: Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

Ingredients: 90V's

L-Glycine..... 750mg

Non-medicinal Ingredients:

Cellulose, hypromellose (all from vegetable source). Magnesium Stearate

Contains no wheat, corn, yeast, soy or dairy. V-capsules are made from vegetarian source, no gelatin used.

Fermented, Free Form, Non-GMO, Vegan



Disclaimers: The statements regarding our products are solely for use by healthcare practitioners. The product information provided on this page is based on scientific evidence about each ingredient, and has not been evaluated by Health Canada. The information provided is not intended to replace medical advice offered by a healthcare practitioner, nor should this information be used to treat any health problems without first consulting a healthcare practitioner.