

PRODUCT INFORMATION



L-GLYCINE

BASIC FUNCTIONS

Energy/Creatine Phosphate production, Connective tissue repair.

Tips; Use with Arginine AKG before resistance exercise and before bed for tissue repair.

Glycine is a non-essential amino acid which often becomes essential in people who have heavy metabolic demands. Glycine supplementation is responsible for energy production by assisting in the conversion of glucose to energy as well as repair and collagen synthesis for strong tendons and tissues (Weiwei W, et al., 2013).

In people who experience chronic fatigue, glycine supplementation may alleviate the symptoms by improving blood glucose levels and energy levels. Furthermore as glycine is found in large quantities within collagen, its deficiency significantly affects the quality of tendons, skin and other connective tissues. Therefore some find glycine useful in tendon repair during times of inflammation, which was supported in a study in 2014 on the use of glycine supplementation following inflammation of the Achilles tendon. This study found that the group with took the glycine supplement had higher rates of tendon repair and resistance to tendon rupture, Therefore there may be a role with glycine supplementation in tendon repair (Vieira CP, ET AL., 2014). Others use glycine for intestinal health as it plays a role in gallbladder function which its secretions assists in digestive function and breakdown of nutrients (Weiwei W, et al., 2013). Overall glycine assists with repairing tissues, energy production and improving metabolic stress resulting in overall cellular longevity and protection.

Vieira, C. P., Oliveira, L. P. D., Guerra, F. D. R., Almeida, M. D. S. D., Marcondes, M. C. C. G. and Pimentel, E. R. (2014), Glycine Improves Biochemical and Biomechanical Properties Following Inflammation of the Achilles Tendon. Anat Rec. doi: 10.1002/ar.23041 Weiwei Wang, Zhenlong Wu, Zhaolai Dai, Ying Yang, Junjun Wang, Guoyao Wu. (2013), Glycine metabolism in animals and humans: implications for nutrition and health. Amino AcidsJ. 3(45), 463-477.

SIZE: 200 grams powder
FLAVOUR: Natural



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