



Galactic Glycine

Glycine

P U R E P O W D E R

T Y P E U S E D : L G L Y C I N E

Athletic Use:

- **Control blood sugar** levels and protect against **ATP depletion**, optimizing energy levels
- While too much Glycine in the body can cause fatigue, having the proper amount produces the opposite effect - more energy.
- As one of the few amino acids that helps improve blood-sugar storage, some experts suggest Glycine may increase energy for **endurance activities**.
- Glycine has been shown to help **slow muscle breakdown** by supplying **Creatine** to the muscle cells.
- For **growth-hormone release**, Glycine is reportedly more effective when used with ornithine, arginine, glutamine, tyrosine, Vitamin B6, niacinamide, zinc, calcium, magnesium, potassium, and/or Vitamin C.

Other uses:

Antacid: Glycine is also used as an **antacid agent** and is reportedly effective for limiting stomach discomfort. In addition, it may help shuttle toxic substances out of the body.

Prostate: Because the prostate contains considerable amounts of Glycine, this nutrient may help **promote prostate health**. In fact, one study found that Glycine, taken with **alanine** and **glutamic acid**, reduced the amount of swelling in the prostate tissue.

CNS Function: Glycine is necessary for **central nervous system function**. Research has shown that this amino acid can help **inhibit the neurotransmitters** that cause **seizure** activity, **hyperactivity**, and manic (**bipolar**) depression. Glycine can also be converted to another neurotransmitter, serine, as needed, and may be beneficial in the management of **schizophrenia**.

Leg Ulcers: When applied as **cream** (see dosage section for [recipe](#))

