

Glycine is a non-essential amino acid with several important health benefits. Here are some of its key benefits:

### **1. Supports Sleep Quality**

- Glycine has calming effects on the brain and can help improve sleep quality by lowering body temperature and promoting relaxation.
- Studies suggest that taking glycine before bed can help people fall asleep faster and experience deeper sleep.

### **2. Enhances Cognitive Function**

- Glycine acts as a neurotransmitter that supports memory and cognitive performance.
- It has been studied for its potential benefits in neurodegenerative diseases like Alzheimer's.

### **3. Promotes Muscle Growth and Repair**

- Glycine plays a role in protein synthesis and supports muscle recovery after exercise or injury.
- It is also a key component of creatine, which helps with muscle energy production.

### **4. Supports Joint and Bone Health**

- As a major component of collagen, glycine helps maintain healthy joints, cartilage, and bones.
- It may reduce symptoms of osteoarthritis and joint pain.

### **5. Aids in Digestive Health**

- Glycine helps regulate stomach acid production and supports a healthy gut lining.
- It plays a role in reducing inflammation in the digestive tract, which may benefit people with conditions like leaky gut syndrome.

### **6. Helps Regulate Blood Sugar**

- Glycine improves insulin sensitivity and helps regulate blood sugar levels, making it beneficial for people with metabolic conditions like diabetes.

### **7. Supports Heart Health**

- It may help lower blood pressure and reduce oxidative stress, both of which contribute to cardiovascular disease prevention.
- Glycine has been linked to reduced arterial stiffness and improved circulation.

## **8. Detoxification and Liver Health**

- Glycine is involved in the production of glutathione, a powerful antioxidant that helps detoxify the liver.
- It assists in breaking down harmful substances like alcohol and toxins.

## **9. Anti-Inflammatory and Antioxidant Effects**

- Glycine has anti-inflammatory properties and helps neutralize free radicals, protecting cells from oxidative damage.

## **10. Supports Mental Health**

- It plays a role in regulating mood by balancing neurotransmitters like serotonin and GABA.
- Some studies suggest glycine may help reduce symptoms of anxiety and depression.