

Glycine supplements may...

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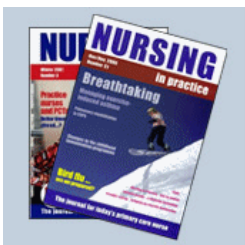
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## Glycine supplements may protect against osteoporosis

Monday 6th August 2007



Taking glycine supplements may help to prevent degenerative diseases such as arthrosis and osteoporosis, research shows.

Glycine is used in the body to synthesise proteins and is found in fish, meat and dairy products.

A study of 600 people affected by physical degenerative diseases found that glycine supplements notably improved their symptoms.

"We concluded that many degenerative disease such as arthrosis can be treated as deficiency diseases due to lack of glycine, since supplementing a diet with this amino acid leads to a notable improvement in symptomology without the need to take pain killers," say scientists at the University of Granada.

They add that daily 5 mg doses of glycine taken morning and night can cause symptoms to improve over four months.

[University of Granada](#)

#### Feedback

**Do you think supplements can be beneficial or are they a waste of money? (Please supply your name and location. Your details will not be published if you so request.)**

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