



***I just heard an ad for your product on Relevant Radio. Can you tell me about this product?***

### ***About glycine***

- Sweetamine is basically a supplement of the amino acid glycine.
- Glycine is the amino acid your body uses to control inflammation, and most people do not have enough in their diet.
- Long considered “non-essential”, it is now known that the human body requires about 10 grams per day, and the typical diet provides only 2-3 grams per day.

### ***What’s in sweetamine***

- Each single-serving stick pack of sweetamine provides 8 grams of glycine. In addition it has the amino acids L-proline and taurine (less than 1 gram each), and a small amount of natural stevia extract to provide a pleasant sweetness.
- Sweetamine does not contain ingredients from animal sources. The glycine in sweetamine is bioidentical to the glycine your body makes. (Glycine is an extremely simple substance, and is made in nature both organically and inorganically: It can be found on asteroids and comets!)
- Each stick pack of sweetamine has the sweetness of about 2 teaspoons of sugar, but it contains no sugar or carbs or artificial sweeteners.
- Sweetamine is formulated in this way because it is a bulk nutrient: you don’t need milligrams per day—you need grams per day, so capsules or pills are quite impractical.
- The amount of glycine you get in one 8-gram serving of sweetamine is equivalent to the glycine content of about 16 servings of jello or a quart of bone broth.

### ***Miscellaneous questions about using sweetamine***

- 1. I’m taking various kinds of medications (blood pressure meds, blood thinners, statins, etc.). Does sweetamine interfere with any meds?***

Outside of one particular antipsychotic drug (clozapine) that glycine may lower the efficacy of, sweetamine does not interfere with any medications.

- 2. Is there any time of day sweetamine should be taken?***

Sweetamine can be taken anytime, all at one time, or split up during the day, if you prefer. It can be taken with or without other food.

- 3. Does sweetamine have to be taken with a hot beverage, like coffee or tea?***

No, Sweetamine can be taken any way you like. However, like sugar, it dissolves much more easily in hot than cold liquid. It makes a great iced tea, but for such a cold drink, it’s best to dissolve it in a little hot water or tea first, and then bring up to volume with cold beverage and ice.

- 4. Can I take more than one serving of sweetamine a day? Will more work better?***

It can. Some people report that two packets a day work better than one. Feel free to experiment, as sweetamine is completely harmless, even if you take several packets a day. However, sweetamine is formulated so that one packet provides what most people need as a daily intake of glycine (8 grams).

**5. If I buy a large quantity of sweetamine, how long does it keep? And is it stable to heat, like if it is shipped during the summer, when it may get very hot for many hours?**

Sweetamine is stable indefinitely; certainly it keeps for years, without refrigeration. The ingredients are very stable, and are in dry powdered form, in waterproof stick packs.

**6. Is sweetamine effective for treating arthritis (or any other diseases that may be traceable to chronic inflammation)?**

Sweetamine does not contain any drugs of any kind. It is just food; a mixture of amino acids normally made by your own body in high quantities—just not high enough to keep your innate immune system from overreacting to various stresses. If any abnormal conditions or pains are improved by taking sweetamine, that just means that your body was glycine-deficient to begin with, as most people are. Sweetamine corrects the glycine deficiency, thus supporting the proper functioning of your immune system.

**7. If I don't have inflammation, how will I notice the benefits?**

You will likely feel no difference at all doing normal activities, unless you suffer some sort of injury. So you can take it for at least 3 days and then do a hefty workout or physical labor--something you know you can usually count on to give you sore and aching muscles and/or joints the next day. Then notice how that does not happen.

**8. I've heard a lot about collagen, how is that similar to glycine?**

Collagen is the most abundant protein in your body and contains about 25% glycine by weight. 1 stick-pack of sweetamine gives you same amount of glycine as in about 32 grams of collagen. Because sweetamine contains amino acids in their free amino acid form, it is absorbed more quickly than collagen, which has to be digested first. Collagen in its food form is usually referred to as gelatin.



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