Amino Acid Conjugation: Acylation/Glycycination

Glycine
Turkey, pork, chicken, soybean, seaweed, eggs, amaranth, beef, mollusks, peanuts, pumpkin seeds, almonds, duck, goose, mung beans, sunflower seeds, lentils, lamb, bison, lobster, and fish

Taurine
Many cooked meats and fish supply taurine. Taurine is also synthesized in the body from cystine (requiring niacin and vitamin B6) and homocysteine (requiring additionally betaine and serine)

Glutamine
Plant and animal proteins such as beef, pork, chicken, dairy products, spinach, parsley, and cabbage

Ornithine
Ornithine is synthesized endogenously via the urea cycle, requiring arginine and magnesium

Arginine
Turkey and pork are especially rich sources; also chicken, pumpkin seeds, soybean, butternuts, egg, peanuts, walnuts, split peas, mollusks, almonds, sesame seeds, lentils, fava beans, mung beans, pine nuts, beef, and sunflower seeds