

L-GLUTAMINE



>> 30 SERVINGS • NET WT. 150 G (5.29 OZ) | 0300289.030

SUPPORTS PROPER BRAIN FUNCTION & DIGESTIVE TRACT HEALTH*

5 GRAMS PER SERVING

>> **L-Glutamine** with Glutamine is the most abundant amino acid in the body and is involved in many metabolic processes.

- ✓ Supplementing with L-Glutamine supports the maintenance of muscles, mental activity, immune response, proper mood balance, energy levels and digestive tract health.*
- ✓ L-Glutamine is a key component in the maintenance of healthy intestinal mucosa.* A lack of glutamine may lead to a loss of enterocyte (cells in the small intestine) integrity in the lining of the intestines, which may affect digestion and absorption or allow pathogens into the body.*
- ✓ L-Glutamine can readily pass the blood-brain barrier and is used as fuel for the brain.* L-Glutamine also supports GABA levels, which is needed to sustain proper brain function and mental activity.*
- ✓ Glutamine is also found in large amounts in the muscles and is readily available when needed for the synthesis of skeletal muscle proteins.* For this reason it is a beneficial amino acid for body builders and to help manage muscle wasting that can accompany prolonged bed rest or illness.*
- ✓ L-Glutamine also plays a role in protecting the body from high levels of ammonia and maintaining proper acid-base (pH) balance.*

L-Glutamine:

- ✓ Supports G.I. tract integrity*
- ✓ Supports immune system function*
- ✓ Supports synthesis of skeletal muscle proteins, RNA and DNA*
- ✓ Preserves glutathione in the liver*
- ✓ Assists in maintaining the proper acid/alkaline balance in the body and helps clear ammonia from tissues *
- ✓ Supports GABA production for proper brain function and mental activity*
- ✓ Passes the blood-brain barrier and acts as energy for the brain*
- ✓ When necessary can be converted to sugar for energy in the body*



Supplement Facts

Serving Size 1 1/2 Teaspoons (5 gm)

Servings Per Container 30

Amount per Serving

L-Glutamine 5,000 mg

% Daily Value

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*Daily Value not established.

Warning: Persons with kidney disorders should consult with their healthcare practitioner prior to using this product. If you are pregnant or nursing, consult your health care practitioner before taking this product.

Suggested Use: As a dietary supplement, mix 1 1/2 teaspoons per day in 8 oz. juice or water.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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