

L-Glutamine 500mg

Overview

Glutamine is the most abundant amino acid in the body and is involved in more metabolic processes than any other amino acid. Glutamine is an amino acid that helps the body maintain the proper PH balance and is a necessary part of the synthesis of RNA and DNA. Glutamine is converted to glucose when the body requires more glucose as an energy source. It also helps promote a healthy digestive tract, serving as a source fuel for cells lining the intestines. Studies indicate that a deficiency of Glutamine may be a factor in many gastrointestinal disorders. In fact, scientists believe that supplementation can improve overall intestinal health. Glutamine can easily pass the blood-brain barrier where it is converted into glutamic acid. It is not one of the nine essential amino acids (which refers to aminos that the body does not manufacture and that must be ingested), but during times of extreme stress or prolonged illness, it is important to supplement with glutamine. L-glutamine supports the growth of new cells; and it may enhance the healing of wounds such as burns, surgical and traumatic wounds and cuts.

This formula uses the L form of Glutamine because it is closer to that which is manufactured by the body. It is derived from a natural fermentation process of glucose and starches.

Our L-Glutamine 500mg is available in 100 count vegetarian capsules.

Research Indicates

- » Supports cellular energy, growth and repair
- » May support healthy immune function
- » May be useful in the enhancement of wound healing
- » Deficiency may be linked to several gastrointestinal disorders. Supplementation may improve symptoms of these disorders while supporting overall health of the intestines

Recommended Dosage

✓ Typical daily dosage ranges from 500 – 1500 mgs; take 1 capsule, one to three times daily, preferably on an empty stomach.

Cautions

- If you have any type of kidney or liver disease, are taking anti-seizure medications, or are pregnant or lactating, consult a health care practitioner prior to using this product.

Supplement Facts	
Serving Size: 1 vcap	
Amount Per Serving	% Daily Value
L-Glutamine	500mg *
*Daily Value not established	

Other ingredients: Rice flour, magnesium stearate, microcrystalline, cellulose.

Contains no milk, egg, fish, shellfish, tree nut, wheat, soy, artificial colors, flavors or preservatives.



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