

**L-Glutamine****750 grams (26.4 oz) powder**

Item Catalog Number: 2136

Glutamine is the most abundant amino acid in the body and is involved in many metabolic processes. Skeletal muscles are the primary sites of glutamine concentration. Glutamine protects muscle tissue and supports immune function during periods of immune and muscular stress. Glutamine supplementation supports protein synthesis as well as the rate of glycogen production (by serving as a carbon donor). Glutamine supports integrity of intestinal mucosal cells and nucleotide synthesis by lymphocytes.

**Supplement Facts**

Serving Size 1 scoop

Servings Per Container 325

**Amount Per Serving**

L-Glutamine 2 g

Jarrow Formulas® L-Glutamine is produced by biological fermentation and is USP/FCC grade, made in Japan. This product is 100% L-Glutamine and contains no other substance.

**Dosage and Use**

- Dissolve one scoop (2 grams) in fluid, and drink when stomach is empty, or as directed by your qualified health consultant.
- For athletes, maximal results will be obtained by supplementing 2 grams of glutamine after exercise.

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