

L-Glutamine

500 mg, 100 capsules

Item Catalog Number: 00345

Glutamine is a nonessential amino acid that is the most abundant free amino acid in human muscle and plasma. It is necessary for rapidly dividing cells, including those of the gut and immune system.¹¹⁷⁻¹²¹ It is also used as an energy source in mitochondria,¹²² and is a precursor of the brain neurotransmitter glutamate.¹²³ Glutamine is also needed for optimal nucleotide biosynthesis and protein synthesis.¹²⁴⁻¹²⁷

The function of glutamine in stimulating glycogen synthase, the enzyme which controls the synthesis and storage of glycogen fuel in muscles and liver, may provide a mechanism by which glutamine supplements promote enhanced fuel stores. Glutamine supplements cause a rapid rise in cellular glutamine levels and glutamine stores in muscle.

Glutamine is a very diverse amino acid that is utilized in numerous functions that are important for daily living. People that do heavy exercising can lower their glutamine levels causing stress to their body and immune systems.¹²⁷ For that reason, supplementing with glutamine can be important to a serious athlete, someone challenged with muscle loss, or who wants to help maintain optimal immune function under heavy stress.¹¹⁷⁻¹³⁶

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

Amount Per Serving

L-Glutamine (free form amino acid)

500 mg

Other ingredients: gelatin, rice flour, vegetable stearate.

Contains rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one capsule once or twice daily on an empty stomach, or as recommended by a healthcare practitioner.

Caution

If you have significant kidney or liver disease, please consult your healthcare practitioner before using this product.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.