

# L-Glutamine

Supports the mucosal lining and healthy functioning of the gastrointestinal tract; may help to maintain lean muscle mass<sup>‡</sup>

## INDICATIONS

- Ages 18 and up
- Gastrointestinal tract integrity support<sup>‡</sup>
- Tissue repair and immune system health<sup>‡</sup>

## BENEFITS

- Promotes tissue repair from metabolic stress<sup>‡</sup>
- Helps maintain healthy intestinal integrity by enhancing the intestine's protective mucosal lining<sup>‡</sup>
- May provide support for immune function and exercise recovery<sup>‡</sup>

## FEATURES

- Available in convenient capsule and powder forms
- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

L-Glutamine is the most abundant amino acid in the body. In times of metabolic stress, glutamine is utilized by the body for tissue repair and gastrointestinal tract support.<sup>1,2</sup> Glutamine plays a large role in maintaining healthy intestinal integrity by enhancing the intestine's protective mucosal lining.<sup>3</sup> In addition, glutamine is important in the preservation of muscle mass.<sup>4</sup> Its effects on immune function may support post-exercise recovery.<sup>5,6‡</sup>

## SUGGESTED USE

500 mg capsules

As a dietary supplement, take 1 capsule, 1-4 times daily, between meals, or as directed by a health professional.

850 mg capsules

As a dietary supplement, take 1 capsule, 1-3 times daily, between meals, or as directed by a health professional.

Powder

As a dietary supplement, take 1 scoop mixed with water or juice, 1-3 times daily, between meals, or as directed by a health professional.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- L-Glutamine is derived from corn dextrose fermentation.
- Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

## NOTES

### Capsules

Size 1 (500mg), 00 (850 mg) caps

Bottle count 90 (500 g), 90/250 (850 g)

Order codes LG59/LG89/LG82

Bottle size 120 cc/290 cc/20 oz

### Powder

Serving size: 1 scoop (approximately 3.1 g)

Servings per container: approximately 73

8oz (227 g)

Order codes LGP

Bottle size 16 oz

## REFERENCES

1. Sasaki E, et al. Luminescence. 2013 Jul-Aug;28(4):4429.
2. Song QH, et al. Int J Clin Pharmacol Ther. 2015 May;53(5):372-6.
3. Lima AA, et al. Clinics (Sao Paulo). 2014;69(4):225-33.
4. Rennie MJ, et al. Metabolism. 1989. 38(8); 47-51.
5. Song QH, et al. Int J Clin Pharmacol Ther. 2015 May;53(5):372-6.
6. Hiscock N, et al. J Appl Physiol (1985). 2003 Jul;95(1):145-8.

# I-Glutamine

Supports the mucosal lining and healthy functioning of the gastrointestinal tract; may help to maintain lean muscle mass<sup>†</sup>

## SUPPLEMENT FACTS

**1 scoop mixed with water or juice, 1-3 times daily, between meals.**

**Serving size: approximately 3.1 g (1 scoop)**  
**Servings per container: approximately 73**

**Each scoop (approximately 3.1 g) contains:**

I-Glutamine (free-form) 3 g



I-Glutamine powder	Quantity	Order Code
	8 oz (227 g)	LGP

**1 capsule, 1-3 times daily, between meals.**

**Each (size 00) vegetarian capsule contains:**

I-Glutamine (free-form) 850 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate



I-Glutamine 850 mg	Quantity	Order Code
	250	LG82
	90	LG89

**1 capsule, 1-4 times daily, between meals.**

**Each (size 1) vegetarian capsule contains:**

I-Glutamine (free-form) 500 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate



I-Glutamine 500 mg	Quantity	Order Code
	90	LG59

<sup>†</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.