I-Glutamine

Supports the mucosal lining and healthy functioning of the gastrointestinal tract; may help to maintain lean muscle mass

**INDICATIONS**
- Ages 18 and up
- Gastrointestinal tract integrity support
- Tissue repair and immune system health

**BENEFITS**
- Promotes tissue repair from metabolic stress
- Helps maintain healthy intestinal integrity by enhancing the intestine’s protective mucosal lining
- May provide support for immune function and exercise recovery

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

**VERIFIABLE SCIENCE**
I-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. Glutamine plays a large role in maintaining healthy intestinal integrity by enhancing the intestine’s protective mucosal lining. In addition, glutamine is important in the preservation of muscle mass. Its effects on immune function may support post-exercise recovery.

**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 heaping 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**
- I-Glutamine is derived from fermentation of vegetables
- 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: approximately 3.1 g (1 heaping scoop)
  - Servings per container: approximately 73
  - 8oz (227 g)
  - Order codes LGP
  - Bottle size 16 oz

**REFERENCES**
I-Glutamine

Supports the mucosal lining and healthy functioning of the gastrointestinal tract; may help to maintain lean muscle mass.

SUPPLEMENT FACTS

1 capsule, 1-4 times daily, between meals, or as directed by a health professional.
Each (size 1) vegetarian capsule contains:
I-Glutamine (free-form) 500 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate.

<table>
<thead>
<tr>
<th>I-Glutamine 500 mg</th>
<th>Quantity</th>
<th>Order Code</th>
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<tbody>
<tr>
<td></td>
<td>90</td>
<td>LG59</td>
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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.

<table>
<thead>
<tr>
<th>I-Glutamine 850 mg</th>
<th>Quantity</th>
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<td>LG82</td>
</tr>
<tr>
<td></td>
<td>90</td>
<td>LG89</td>
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</tbody>
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1 heaping scoop mixed with water or juice, 1-3 times daily, between meals, or as directed by a health professional.
Serving size: approximately 3.1 g (1 heaping scoop)
Servings per container: approximately 73
Each heaping scoop (approximately 3.1 g) contains:
I-Glutamine (free-form) 3 g

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<thead>
<tr>
<th>I-Glutamine powder</th>
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<tbody>
<tr>
<td></td>
<td>8 oz (227 g)</td>
<td>LGP</td>
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</tbody>
</table>

Visit PureEncapsulationsPro.com for more information about our GMO policy.