

L-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

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.^{1,2} Glutamine plays a large role in maintaining healthy intestinal integrity by enhancing the intestine's protective mucosal lining.³ In addition, glutamine is important in the preservation of muscle mass.⁴ Its effects on immune function may support post-exercise recovery.^{5,6†}

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

- 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: approximately 3.1 g (1 heaping scoop)

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):442-9.
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[‡]

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



I-Glutamine 500 mg	Quantity	Order Code
	90	LG59

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 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



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