

ACTUAL SIZE



CODE 0090 VI

Glutamine is a regulator of acid-base balance and a nitrogen transporter.*

Glutamine has recently been the focus of much scientific interest. A growing body of evidence suggests that during certain stressful times, the body may require more Glutamine than it can produce. Under these circumstances Glutamine may be considered a "conditionally essential" amino acid. Glutamine is involved in maintaining a positive nitrogen balance (an anabolic state) and also aids rapidly growing cells (immune system lymphocytes and intestinal cell enterocytes). In addition, Glutamine

SUGGESTED USAGE: As a dietary supplement, take 1 capsule 1 to 3 times daily, preferably between meals. Consider taking this product in combination with NOW® B-6, P-5-P and Whey Protein.



L-Glutamine

EXERCISE RECOVERY

500 mg

- Supports Immune Function
- Supports Muscle Mass*

60 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
L-Glutamine (Free-Form)	500 mg*
* Daily Value not established.	

Other ingredients: Rice Flour, Gelatin (capsule) and Magnesium Stearate (vegetable source).

Contains no sugar, salt, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

NOW® L-Glutamine is the highest grade available, natural L-form amino acid.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108
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