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SUGGESTED USAGE: As a dietary supplement, take 1 to 5 capsules up to 4 times daily, preferably between meals or as directed by your healthcare practitioner.

HOW IT WORKS: L-Glutamine is the most abundant amino acid in the body. Although considered non-essential, it is an important constituent of proteins. It is the preferred fuel for rapidly dividing cells of the immune system and can serve as a precursor for glucose production by the liver.* In addition, L-Glutamine supports healthy nitrogen balance by helping to regulate protein turnover, as well as by acting as a nitrogen reservoir for the production of other amino acids.* Although it can be readily synthesized in skeletal muscles and other tissues, a growing body of evidence suggests that during certain stressful times, such as during intense exercise, the body may require more L-Glutamine than it can produce.* Under these circumstances, L-Glutamine may be considered a "conditionally essential" amino acid.*

CAUTIONS/INTERACTIONS: L-Glutamine may interact with lactulose anti-convulsant medications, and chemotherapy agents. If you are taking any of these medications or if you are pregnant/lactating, if you have an MSG hypersensitivity, a kidney condition, a seizure disorder, bipolar disorder, or impaired liver function, consult your healthcare practitioner before using this product. www.protocolforlife.com/P0094

PROTOCOL
FOR LIFE BALANCE™

L-Glutamine

1000 mg

- Supports a Healthy Immune System*
- Aids Exercise Recovery*

120 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 5 Capsules

Servings Per Container 24

Amount Per Serving

L-Glutamine (Free-Form)	5.0 g (5,000 mg)*
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*Daily Value not established.

Other ingredients: Gelatin (capsule), Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica.

Manufactured by Protocol For Life Balance™

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

Formulated by doctors and clinical scientists exclusively for licensed healthcare practitioners.

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

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place after opening. Please Recycle.