

**USAGE:** Mix ½ teaspoon (2 g) into 6 to 8 oz. of fluid and drink when stomach is empty or as directed by your qualified healthcare professional. For athletes, maximal results will be obtained by supplementing with 2 g of glutamine after exercise.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (including psychotropic medications), consult your qualified healthcare professional before using this product.

**L-Glutamine** – the most abundant amino acid in the human body – is involved in many metabolic processes, including the synthesis and protection of muscle tissue, the production of glycogen, as well as immune support during periods of immune and muscular stress.\* L-Glutamine is also a major source of fuel for enterocytes (intestinal cells) and hence supports the integrity of the intestinal lining.\*

Keep out of the reach of children.

\* 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.

Lot #: Best Used Before:

**Jarrow**  
FORMULAS®

Meets USP Standard

**L-Glutamine**

**8 OZ**

**Supports Muscle Tissue\* &  
Immune Function\***

NET WEIGHT

**8 oz (227 g)**  
POWDER

**DIETARY  
SUPPLEMENT**



## Supplement Facts

Serving Size ½ Teaspoon (2 g)  
Servings Per Container Approx. 113

|             | Amount Per Serving | % DV |
|-------------|--------------------|------|
| L-Glutamine | 2 g                | †    |

† Daily Value not established.

**Jarrow Formulas®** L-Glutamine is manufactured by microbiological fermentation. This product is 100% L-Glutamine and contains NO other substance. Store in a cool, dry place.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

**Suitable for vegetarians/vegans.**

Packaged by weight, not by volume.

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)

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