

USAGE: Take 1 tablet 1 or 2 times per day, preferably on an empty stomach or after a workout or as directed by your qualified healthcare professional.

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 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
F O R M U L A S

Meets USP Standard

L-Glutamine

Supports Muscle Tissue* &
Immune Function*

1000
MILLIGRAMS

100
TABLETS

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet
Servings Per Container 100

	Amount Per Serving	% DV
L-Glutamine	1,000 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), silicon dioxide, magnesium stearate (vegetable source) and a food-grade coating.

Jarrow Formulas® L-Glutamine is manufactured by microbiological fermentation. Store in a cool, dry place.

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

Suitable for vegetarians/vegans.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and Formulation™

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06318GMTAB PROD # 115033



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