

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.

Jarrow
F O R M U L A S

Meets USP Standard

L-Glutamine

4 OZ

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

NET WEIGHT

4 oz (113 g)
POWDER

**DIETARY
SUPPLEMENT**



Supplement Facts

Serving Size ½ Teaspoon (2 g)

Servings Per Container Approx. 56

	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.

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

Store in a cool, dry place.

Suitable for vegetarians/vegans.

Packaged by weight, not by volume.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and FormulationSM
Los Angeles, CA 90035-4317
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(866) 459-4154

02220GM4Z

PROD # 115009



APPROX.
FILL LINE

Lot #. Best Used Before:

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