

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

NOTE: Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition (especially epilepsy, seizure, mania or severe liver disorder); if adverse reactions occur, discontinue use.

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.
Store in a cool, dry place.**

*** 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

L-Glutamine

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

120 VEGGIE CAPS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
L-Glutamine	750 mg †

† Daily Value (DV) not established.

Other Ingredients: Vegetarian capsule (hydroxy-propylmethylcellulose, water), magnesium stearate (vegetable source), cellulose and silicon dioxide.

Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317
1-866-459-4154 • www.Jarrow.com

Jarrow Formulas® L-Glutamine is manufactured by microbiological fermentation.

Suitable for vegetarians/vegans.

12520GMCAP PROD # 115012



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APPROX.
FILL LINE