

CODE 0221



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

Glutamine has recently been the focus of much scientific interest. A growing body of evidence suggests that during certain stressful times, the body may require more glutamine than it can produce. Under these circumstances, glutamine may be considered a "conditionally essential" amino acid. Glutamine is involved in maintaining a positive nitrogen balance (an anabolic state) and also aids rapidly growing cells (immune system lymphocytes and intestinal cell enterocytes). In addition, glutamine is a regulator of acid-base balance and a nitrogen transporter.*

SUGGESTED USAGE: As a dietary supplement, take 1 rounded teaspoon (5 g) in juice, preferably between meals, 1 to 2 times daily as needed. Consider taking this product in combination with NOW® B-6, P-5-P and Whey Protein.



L-Glutamine Powder

100% Pure - Free Form
Supports Muscle Mass*
Net Wt. 1 lb. (454 g)



Supplement Facts

Serving Size 1 Rounded Teaspoon (5 g)
Servings Per Container 90

Amount Per Serving	
L-Glutamine (Free-Form)	5.0 g (5,000 mg)*

* Daily Value not established.

Other ingredients: None.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

NOW® L-Glutamine Powder is a 100% pure, free-form, non-essential, amino acid and is the highest grade available.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.

Caution: Do Not Eat Freshness Packet Enclosed.

This product is sold by weight not volume.

Store in a cool, dry place. Please Recycle.

A Dietary Supplement Vegetarian Product