

USAGE: Mix ½ teaspoon (approximately 2 grams) 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 grams of glutamine after exercise.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, 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 and 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
FORMULAS

Pharmaceutical Grade L-Glutamine

L-Glutamine

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

NET WEIGHT

4 oz (113 g)
POWDER

**DIETARY
SUPPLEMENT**



Supplement Facts

Serving Size ½ teaspoon (approximately 2 grams)
Servings Per Container 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. Store in a cool, dry place. DO NOT refrigerate.

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

Suitable for vegetarians/vegans.

Packaged by weight, not by volume.

08313GM4Z PROD # 115009

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
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Lot #: Best Used Before:

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