

SUGGESTED USE: Adults mix ½ teaspoon into 6-8 oz. of fluid and drink on an empty stomach or as directed by your qualified healthcare professional. For athletes, best results will be obtained by supplementing with 2 g of glutamine after exercise.*

Jarrow Formulas® L-Glutamine is manufactured by microbial fermentation. L-Glutamine is the most abundant amino acid in the human body and is involved in many metabolic processes, including the synthesis and protection of muscle tissue, the production of glycogen, and provides immune support during periods of immune and muscular stress.* L-Glutamine is also a major source of fuel for enterocytes (intestinal cells) and supports the integrity of the intestinal lining.*

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

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.

Do not use if safety seal is damaged or missing.

Lot #. Best Used Before:

**Jarrow
FORMULAS®**

VEGAN

L-Glutamine

MUSCLE TISSUE

2 GRAMS

Most abundant amino acid
in the human body

✓ **non-gmo**

🌿 **gluten free**

NET WT. 35.3 OZ (2.2 lb) 1000 g

DIETARY SUPPLEMENT



Supplement Facts

Serving Size ½ Teaspoon (2 g)
Servings Per Container About 500

Amount Per Serving	
L-Glutamine	2 g †
† Daily Value (DV) not established.	

Other Ingredients: None

Distributed by Jarrow Formulas, Inc.
Sherman Oaks, CA 91403, USA
1-866-459-4154

Packaged by weight, not by volume.

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

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