



# L-Glutamine Powder

**Pure - Free Form**  
**Supports Muscle Mass\***  
**Net Wt. 6 oz. (170 g)**

A Dietary Supplement    Vegetarian/Vegan



## Supplement Facts

Serving Size 1 Rounded Teaspoon (5 g)  
Servings Per Container about 34

### Amount Per Serving

|                         |                 |
|-------------------------|-----------------|
| L-Glutamine (Free-Form) | 5 g (5,000 mg)* |
|-------------------------|-----------------|

\* Daily Value not established.

Other ingredients: None.

NOW FOODS

395 S. Glen Ellyn Rd., Bloomington, IL 60108, USA  
[www.nowsportsproducts.com](http://www.nowsportsproducts.com)

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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

This product is sold by weight not volume.

Store in a cool, dry, dark place after opening.

Please Recycle.



**SUGGESTED USAGE:** As a dietary supplement, take 1 rounded teaspoon (5 g) in juice, preferably between meals, 1 to 2 times daily as needed.

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.\*

\*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet Enclosed.

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