

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: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, 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, 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.

* 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

Pharmaceutical Grade L-Glutamine

L-Glutamine

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

750
MILLIGRAMS

120
CAPSULES

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 120

	Amount Per Serving	% DV
L-Glutamine	750 mg	*

* Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source), cellulose and silicon dioxide. Capsule consists of gelatin.

Jarrow Formulas® L-Glutamine is manufactured by microbiological fermentation. Store in a cool, dry place.

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



Distributed Exclusively by:
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Superior Nutrition and FormulationSM
P.O. Box 35994
Los Angeles, CA 90035-4317
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