

Suggested Usage: Take 1 capsule 1 to 3 times daily, preferably between meals.

Glutamine has recently been the focus of much scientific interest. A growing body of evidence suggests that under certain circumstances, the body may require more Glutamine than it can produce. During these times Glutamine may be considered a "conditionally essential" amino acid. Glutamine is involved in maintaining a positive nitrogen balance (an anabolic state) and acts as the primary fuel for rapidly growing cells (immune system and intestinal cells).* In addition, Glutamine is also a major nitrogen transporter and helps to regulate the body's acid-base balance.*

*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.

CAPSULE SIZE

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

CODE 0092 V2



now®

L-Glutamine

500 mg

Exercise Recovery*

- Supports Immune Function*
- Supports Muscle Mass*

Non-GMO

120 Capsules
A Dietary Supplement

Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

L-Glutamine (Free-Form)	500 mg*
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* Daily Value not established.

Other ingredients: Rice Flour, Gelatin (capsule) and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.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.

Do Not Eat Freshness Packet. Keep in Bottle.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

