

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.

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

CODE 0090 V2



L-Glutamine

500 mg

Exercise Recovery*

- Supports Immune Function*
- Supports Muscle Mass*

60 Capsules

A Dietary Supplement

Non-GMO

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.

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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.

