



**NOW  
SPORTS**

# L-Glutamine

## 1000 mg

**Double Strength  
Supports Muscle Mass\*  
240 Capsules**

A Dietary Supplement



## Supplement Facts

Serving Size 1 Capsule

| Amount Per Serving      |                 |
|-------------------------|-----------------|
| L-Glutamine (Free-Form) | 1 g (1,000 mg)* |

\* Daily Value not established.

Other ingredients: Gelatin (capsule), Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica.

### NOW FOODS

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

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

This double strength product has twice the L-Glutamine (1,000 mg per capsule) as in our regular strength product (500 mg per capsule).

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

Please Recycle.

**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 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. Keep in Bottle.

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