



**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.  
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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.

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

**Natural color variation may occur in this product.**

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 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. Do Not Eat Freshness Packet. Keep in Bottle.

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