

**USAGE:** Mix 1 scoop (approximately 2 grams) into 6 to 8 oz. of fluid, and drink when stomach is empty or as directed by your qualified health care consultant. For athletes, maximal results will be obtained by supplementing with 2 grams of glutamine after exercise.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, or taking medications (including psychotropic medications), consult your qualified health care practitioner 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, and 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®**

**L-GLUTAMINE**

**USP Grade**

**113 Grams**

**Protects Muscle Tissue &  
Supports Immune Function\***

**Net Wt. 4 oz (113 g) Powder  
Dietary Supplement**

## Supplement Facts

Serving Size 1 Scoop (approximately 2 grams)  
Servings Per Container 56

|             | Amount Per Serving | % DV |
|-------------|--------------------|------|
| L-Glutamine | 2 g                | *    |

\* Daily Value not established.

**Jarrow FORMULAS®** L-Glutamine is manufactured by microbiological fermentation and is USP/FCC grade. This product is 100% L-Glutamine and contains NO other substance. Store in a cool, dry place. DO NOT refrigerate.

**Suitable for vegetarians/vegans.**

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

Packaged by weight,  
not by volume.

04411GM4Z  
PROD # 115009



Distributed Exclusively by:

**Jarrow FORMULAS®**

Superior Nutrition and Formulation<sup>SM</sup>

P.O. Box 35994

Los Angeles, CA 90035-4317

[www.Jarrow.com](http://www.Jarrow.com)



© 2011 **Jarrow FORMULAS®**