

Peel Here
for more information

Do Not Eat Freshness Packet. Keep in Bottle.
Store in a cool, dry place. Please Recycle.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg or preservatives.

Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431

Made in the U.S.A. www.protocolforlife.com

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

*Daily Value not established.

L-Glutamine (Free-Form) 1.0 g (1,000 mg)*

Amount Per Serving

Serving Size 1 Capsule

Supplement Facts



A Dietary Supplement

120 Capsules

10% of profits donated for health research

- Supports Immune Function*
- For Exercise Recovery*

1000 mg

**Extra Strength
L-Glutamine**

PROTOCOL
FOR LIFE BALANCE™

SUGGESTED USAGE: As a dietary supplement, take 1 capsule 1-3 times daily, preferably between meals. Amounts as high as 5,000 to 15,000 mg per day (in divided doses) may be recommended by a healthcare practitioner.

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 FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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Glutamine, a nonessential amino acid that appears to be conditionally essential during periods of physiologic stress, plays an important role in immune function.* Glutamine is required by the cells of the immune system both as a primary fuel and as a carbon and nitrogen donor for nucleotide precursor synthesis.* *In vitro* studies have demonstrated that glutamine is critical for optimal immune cell functioning for monocytes, lymphocytes and neutrophils.* In addition to its role in healthy immunity, Glutamine supports the body's ability to mount a healthy stress response.*

Glutamine is also an oxidizing energy source for the cells of the upper gastrointestinal tract.* Because Glutamine is the main fuel that the intestinal cells need for maintenance and repair, it supports healthy intestinal tissue and enhances the barrier function of the gut against foreign agents.*

The main use of dietary and supplemental Glutamine is for the replenishment of the body's supply that has been depleted during exercise or everyday activities.*

Cautions and Interactions

Those with impaired liver or kidney function should use glutamine supplements only under the supervision of a physician.

If you are taking anti-seizure medications, including carbamazepine, phenobarbital, phenytoin, primidone, and valproic acid, use glutamine only under medical supervision.

Guaranteed Quality

This is an FDA-regulated dietary supplement that is produced in an FDA- and third party-inspected facility. We are certified for producing dietary supplements and USDA Organic products using Good Manufacturing Practices (GMP). All ingredients are quality tested to meet or exceed specifications. Our quality team goes above and beyond standard quality control to ensure the safety and efficacy of this supplement. We utilize advanced analytical and microbiological testing methods, with capabilities that are state-of-the-art and exceed basic lab requirements.

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