

# Product Information Sheet



Gastrointestinal Support

## **L-Glutamine 500mg** **Single Amino Acid Supplement**

**V Ve**

While L-Glutamine is not an essential amino acid, the body often needs more than it can synthesise especially when under increased physiological stress or illness. Glutamine is especially balancing for the support of mucous membranes in the GI tract and other tissues.

### **Ingredients:**

#### **Each capsule typically contains:**

L-Glutamine 500 mg

### **Encapsulated with:**

Ascorbyl palmitate  
Gelatin

### **Features:**

Glutamine is the most abundant amino acid (protein building block) in the body and is involved in more metabolic processes than any other amino acid.

Glutamine is a critical component of glutathione and supports the body's tissues against oxidative damage.

Glutamine is essential for DNA synthesis and replication.

Glutamine is the preferred fuel of small intestine enterocytes and is therefore vital to the health of the intestine as a whole.

**Recommendation:** 2 capsules one to three times daily, half an hour before meals, or as directed.

**Caution:** Not recommended during pregnancy or whilst breastfeeding.

**Product Code:** 3230

**Package Size:** 90