

# L-Glutamine

Free-form Amino Acid



FOUNDATIONAL HEALTH\*



Designs for Health offers L-Glutamine, a free-form amino acid, in two delivery options: vegetarian capsules (850 mg of glutamine per capsule) and a powdered form (3 grams per 3/4 teaspoon serving). Glutamine is the body's most abundant free-form amino acid, representing approximately 40% to 60% of the total amino acid pool in the body. Glutamine is required to perform a variety of essential functions.

Often referred to as the multitasker, glutamine is a nutrient with an impressive range of health benefits. It helps support normal blood glucose metabolism, build lean muscle, and promote a normal immune response.\* In the gut, glutamine promotes the health and function of the mucosal cells for normal repair. Furthermore, glutamine distributes nitrogen freely to the cells that need it the most, such as the immune cells, the gut cells, and the muscle cells. Glutamine is also fuel for brain cells, which helps to maintain mental energy.\*

## Glutamine Support

- **Gut integrity:** By fueling the mucosal cells of the intestine, glutamine helps strengthen the integrity of the intestinal wall to support a healthy gastrointestinal tract\*
- **Immune Support:** Provides a major source of energy for the immune system and its varied cells. Glutamine is an excellent nutrient for immune support\*
- **Maintenance of Muscle Tissue:** Supports muscle recovery during sporting events or exercise and play a role in the prevention of reduce soreness\*
- **Antioxidant:** Increases production of glutathione, the body's main antioxidant, and supports a healthy immune response by protecting tissues from oxidative damage and helping to support the body's natural detoxification of harmful substances\*
- **Brain Support:** An important precursor to the production of neurotransmitter substances in the brain and helps to support wellness of the brain and mental energy\*

## Benefits\*

- Supports muscle growth
- Promotes a healthy immune response
- Supports healthy digestion

## Recommended Use

**Capsules:** Take 1 capsule per day or as directed by your health-care practitioner.

## Highlights

- 850 mg of L-glutamine per capsule and 3 g of L-glutamine per powder serving
- Vegan, dairy-free, gluten-free, soy-free, and non-GMO
- Unflavored/unsweetened powder that can easily be added to any beverage or shake

**Powder:** Take 3 grams (approximately 3/4 teaspoon) per day or as directed by your health-care practitioner. Glutamine powder can be mixed into water, juice, or shakes.

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

\*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.

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