

**USAGE:** Mix ½ teaspoon (approximately 2 grams) into 6 to 8 oz. of fluid and drink when stomach is empty or as directed by your qualified healthcare professional. 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 healthcare professional 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

**Pharmaceutical Grade L-Glutamine**

# L-Glutamine

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

**NET WEIGHT**

**8 OZ (227 g)**  
**POWDER**

**DIETARY  
SUPPLEMENT**



## Supplement Facts

Serving Size ½ teaspoon (approximately 2 grams)  
Servings Per Container 113

	Amount Per Serving	% DV
L-Glutamine	2 g	*
* Daily Value not established.		

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

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

**Suitable for vegetarians/vegans.**

Packaged by weight, not by volume.

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation<sup>SM</sup>  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
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