

Amino acids are the building blocks of proteins.\*\* L-Glutamine is a naturally occurring amino acid that is involved in muscle support.\*\* It also supports gut health by aiding the digestive system.\*\*

**\*\* 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.**

<b>YES</b> CERTIFIED VEGAN BY THE AVA	<b>NO</b> YEAST, WHEAT OR CORN
<b>YES</b> CERTIFIED GLUTEN FREE BY GFCO.ORG	<b>NO</b> SOY OR MILK
<b>YES</b> RECYCLABLE PACKAGING	<b>NO</b> SALT OR SUGAR
<b>YES</b> MANUFACTURING SUPPORTS WIND POWER	<b>NO</b> PRESERVATIVES
<b>YES</b> KOSHER - PARVE	<b>NO</b> ARTIFICIAL COLOR
	<b>NO</b> GMOs

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:

01N14NL



Dietary Supplement **100** Vegan Capsules

— Our PLEDGE of INTEGRITY —  
AUTHENTICITY • CLEANLINESS • FRESHNESS  
CONSISTENCY • ACCURACY

ESTABLISHED  
— 1971 —  
**Country Life**

# L-GLUTAMINE CAPS

500 mg

Certified Gluten-Free

- Aids in muscle support\*\*
- Supports immune function\*\*
- Includes vitamin B6 for utilization\*\*

**Directions:** Adults take one (1) capsule daily, or as directed by your health care provider. As a reminder, discuss the supplements and medications that you take with your health care providers.

## Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value	
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
L-Glutamine (free form)	500 mg	*

\* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), cellulose, silica, magnesium stearate.

**CAUTION:** If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

**Do not accept if seal is broken.**  
**Store between 59°-86° F.**  
**Keep out of the reach of children.**

Manufactured by Country Life, LLC  
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)  
CountryLifeVitamins.com  
Product No. 1186