



**NOW
SPORTS**

L-Glutamine Powder

**Pure - Free Form
Supports Muscle Mass***

Net Wt. 1 lb. (454 g)

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 1 Rounded Teaspoon (approx. 5 g)
Servings Per Container about 91

Amount Per Serving	
L-Glutamine (Free-Form)	5 g (5,000 mg)*
* Daily Value not established.	

Other ingredients: None.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA
nowsportsproducts.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

NOW® L-Glutamine Powder is a pure, free-form, non-essential amino acid and is the highest grade available.

Natural color variation may occur in this product.

This product is sold by weight not volume.

Store in a cool, dry, dark place after opening.

Please Recycle.



SUGGESTED USAGE: Take 1 rounded teaspoon in juice, preferably between meals, 1 to 2 times daily as needed.

Glutamine has recently been the focus of much scientific interest. A growing body of evidence suggests that under certain circumstances, the body may require more Glutamine than it can produce. During these times Glutamine may be considered a "conditionally essential" amino acid. Glutamine is involved in maintaining a positive nitrogen balance (an anabolic state) and acts as the primary fuel for rapidly growing cells (immune system and intestinal cells).^{*} In addition, Glutamine is also a major nitrogen transporter and helps to regulate the body's acid-base balance.^{*}

^{*}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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition (including liver disease, bipolar disorder). Keep out of reach of children.
Do Not Eat Freshness Packet Enclosed.



1

CODE 0221

V4