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**FOODSCIENCE®**  
*of Vermont*

## *L-Glutamine*

- **An amino acid supplement to support muscle metabolism, brain function and gut health.\***
- Supplementing with L-Glutamine supports the maintenance of muscles, mental activity, immune response, proper mood balance, energy levels and digestive tract health.\*
- L-Glutamine is a key component in the maintenance of healthy intestinal mucosa. A lack of glutamine may lead to a loss of enterocyte (cells in the small intestine) integrity in the lining of the intestines, which may affect digestion and absorption or allow pathogens into the body.\*
- L-Glutamine can readily pass the blood-brain barrier and is used as fuel for the brain.\* L-Glutamine also supports GABA levels, which is needed to sustain proper brain function and mental activity.\*
- Glutamine is also found in large amounts in the muscles and is readily available when needed for the synthesis of skeletal muscle proteins. For this reason it is a beneficial amino acid for body builders and to help prevent muscle wasting that can accompany prolonged bed rest or illness.\*
- L-Glutamine also plays a role in protecting the body from high levels of ammonia and maintaining proper acid-base (pH) balance.\*

- **L-Glutamine:**
  - Supports G.I. tract integrity\*
  - Supports immune system function\*
  - Supports synthesis of skeletal muscle proteins, RNA and DNA\*
  - Preserves glutathione in the liver\*
  - Assists in maintaining the proper acid/alkaline balance in the body and helps clear ammonia from tissues \*
  - Supports GABA production for proper brain function and mental activity\*
  - Passes the blood-brain barrier and acts as energy for the brain\*
  - When necessary can be converted to sugar for energy in the body\*

### **Supplement Facts**

**Serving Size: 1 1/2 Teaspoons**

#### **Amount Per Serving**

L-Glutamine 5,000 mg

Other Ingredients: none.

**Warning:** Persons with kidney disorders should consult with their healthcare practitioner prior to using this product. If you are pregnant or nursing, consult your health care practitioner before taking this product.

- **Suggested Use:** As a dietary supplement, mix 1 1/2 tsp in 8 oz. juice or water once daily.

Sold Exclusively Through Retailers.

0300289.150 (30 Servings / Net Wt. 150 g)

\*This statement has 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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