



Solgar Introduces L-Glutamine 1000 mg Tablets

LEONIA, NJ — February 19, 2010 — Solgar proudly introduces L-Glutamine 1000 mg Tablets, offering consumers a higher potency of this important amino acid. This premium formula offers free-form L-glutamine to promote optimal absorption and assimilation.* Two tablets provide 2000 mg of L-glutamine to help support gastrointestinal, muscle, and immune health.*

L-glutamine is a major fuel source for intestinal, immune, and brain cells and comprises nearly 60% of the body's total amino acid pool. It regulates nitrogen transport to and from muscle tissue, thereby promoting amino acid balance. The body can make glutamine but in times of metabolic stress (such as with serious training or exercise), supplemental glutamine may be needed.

Vegetarian and kosher certified, Solgar's L-Glutamine 1000 mg Tablets are free of gluten, wheat, dairy, soy, yeast, sugar, sodium, artificial flavor, sweetener, preservatives, and color. This product will be available in fine health food stores nationwide.

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For over 60 years, Solgar Vitamin and Herb has been educating and providing consumers worldwide with premium-quality, innovative, science-based nutritional supplements that enhance overall wellness. Committed to quality, Solgar utilizes stability testing, expiration dating, USP water filtration, and quality control analyses to ensure potency and purity in every product. With its world headquarters located in Leonia, NJ, Solgar exclusively distributes its more than 425 products directly to natural health food retailers across the globe. Additional information about Solgar can be found at www.solgar.com.

***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.**

PRESS RELEASE

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