

Solgar Vitamin and Herb

L-Glutamine 1000 mg

Tablets  PARVE

Gastrointestinal
Health*

Immune Support*

Natural
Muscle Food*




*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.

The amino acid L-glutamine is a major fuel source for intestinal, immune, and brain cells. It comprises nearly 60% of the body's total amino acid muscle pool and is the highest concentrated amino acid in the bloodstream. L-glutamine regulates nitrogen transport to and from muscle tissue, thereby promoting amino acid balance.*

L-glutamine is considered a conditionally essential amino acid. While it can be made by the body, it becomes essential in times of metabolic stress (such as during intense training and exercise). Under these circumstances, plasma glutamine levels may decrease and supplementation may be needed.

Research supports the important role that L-glutamine plays in supporting gastrointestinal¹ and immune health.*¹⁻⁴

Solgar L-Glutamine 1000 mg Tablets Facts

- Provides free-form L-glutamine to promote optimal absorption and assimilation*
- Offers 2000 mg of free-form L-glutamine per serving
- A convenient dosage (2 tablets twice daily)
- Suitable for vegetarians
- KOF-K certified 
- Free of gluten, wheat, dairy, soy, yeast, sugar, sodium, artificial flavor, sweetener, preservatives, and color

For more specific label information, please log on to www.solgar.com.

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References:

1. L-Glutamine monograph. *Alt Med Rev.* 2001;6(4):406-10.
2. Field CJ et al. Glutamine and arginine: immunonutrients for improved health. *Med Sci Sports Exerc.* 2000;32(7 Suppl):S377-88.
3. Burke DJ et al. Glutamine-supplemented total parenteral nutrition improves gut immune function. *Arch Surg.* 1989;124(12):1396-9.
4. Castell LM and EA Newsholme. The effects of oral glutamine supplementation on athletes after prolonged, exhaustive exercise. *Nutrition.* 1997;13(7-8):738-42.

