



# L-Glutamine Powder

Supports Healthy Digestive, Immune,  
and Muscular System Function\*

NutriDyn's L-Glutamine Powder is an all-natural supplement providing pure L-glutamine, a key amino acid in the human body. L-glutamine is a conditionally essential amino acid, meaning the body's demand for it increases during instances of stress or prolonged physical activity. L-glutamine plays a variety of roles in the human body and is particularly important for keeping the immune system and gastrointestinal (GI) tract healthy.\*

## How L-Glutamine Works

Amino acids are the building blocks of protein. Amino acids are essential for repairing tissue, especially in the muscles, bones, skin, and hair. They also play a part in the function of organs, glands, tendons, and arteries.

L-glutamine is the most abundant amino acid in human muscle and blood plasma, supporting cellular integrity throughout the body and brain.\* L-glutamine is a necessary precursor of two key neurotransmitters in the body, gamma-aminobutyric acid (also referred to simply as GABA) and glutamate. Thus, low availability of L-glutamine in the body can disrupt proper production of these neurotransmitters.

Research suggests that vigorous exercise can deplete L-glutamine levels in the blood significantly for up to six hours after the fact, making it wise for athletes and active individuals to supplement.<sup>1</sup> L-glutamine is also necessary for proper protein and glycogen synthesis, both of which are imperative for active individuals.

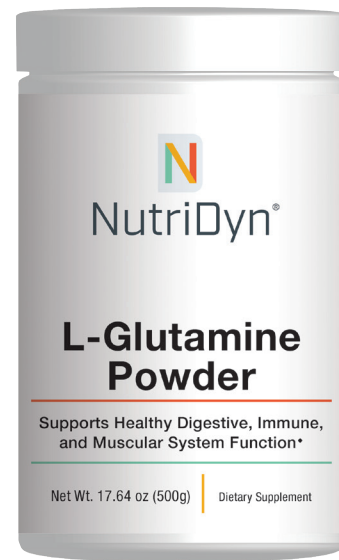
Moreover, depleted L-glutamine levels induced by intense exercise (or stress) can suppress the immune system.<sup>2</sup> When the immune system is suppressed, the body handles stress poorly, whether it's physical or emotional.

It's also been shown that L-glutamine is a crucial amino acid for supporting a healthy GI tract, particularly by maintaining the integrity of the intestinal wall.<sup>3</sup>

## L-Glutamine Supplementation

Given the importance of adequate amounts of L-glutamine in the diet, individuals stand to benefit from L-Glutamine Powder in a variety of ways. Below are some of the most pertinent research-backed benefits derived from L-glutamine:

- Supports immune health\*
- Supports digestion and GI tract function\*
- Supports proper neurotransmitter production\*
- Helps maintain protein and glycogen synthesis in the body\*



**Form:** Powder

**Serving Size:** 1 scoop (100 servings/container)

Ingredients	Amount	%DV
L-Glutamine	5 g	*

### Ingredients:

L-Glutamine.

### Directions:

Adults mix one scoop (5 g) with water before each meal as a dietary supplement, or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A  
cGMP FACILITY

\* 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.



**References:**

1. Keast, D., Arstein, D., Harper, W., Fry, R. W., & Morton, A. R. (1995). Depression of plasma glutamine concentration after exercise stress and its possible influence on the immune system. *The Medical journal of Australia*, *162*(1), 15-18.
2. Calder, P. C., & Yaqoob, P. (1999). Glutamine and the immune system. *Amino acids*, *17*(3), 227-241.
3. Elia, M., & Lunn, P. G. (1997). The use of glutamine in the treatment of gastrointestinal disorders in man. *Nutrition*, *13*(7), 743-747.