

# L-Glutamine 500mg & Powder

(Free-form)

## L-Glutamine Powder

### Presentation

Soluble fine white powder.

#### Nutrition Information:

	Per 5g serving
L-Glutamine	5g
Calories	20kcal

Suitable for vegetarians  and vegans 



quantity  
500g

type  
powder

code  
8309

## L-Glutamine 500mg

### Presentation

A cream powder in a clear hard shell capsule.

#### Each capsule delivers:

L-Glutamine	500mg
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#### Encapsulated with:

Capsule shell (Hydroxypropyl Methylcellulose), Bulking Agent (Rice Flour), Anti-Caking Agent (Magnesium Stearate), Silicon Dioxide.

**Disintegration time:** Less than 30 minutes.

Suitable for vegetarians  and vegans 



quantity  
90

type  
capsules

code  
8310

## Uses

Glutamine is particularly important for the health of the gut with the cells of the gut lining obtaining much of their growth material through utilising glutamine as a fuel. This is why, out of the 20 amino acids, glutamine, is often referred to as the 'gut restorer' amongst practitioners and is frequently recommended when the integrity

### Usage and administration

#### L-Glutamine Powder

Take 5g (1 heaped teaspoon) mixed into water or fruit juice.

#### L-Glutamine 500mg

1 to 6 capsules daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

### Allergen advice

None (See page 194).

### Cautions

These products are not recommended for children, pregnant or lactating women.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

of the gut wall is compromised, as is often the case in conditions caused by microflora imbalances and some chronic conditions associated with poor gut function.

It is also often used for sports recovery since large quantities of glutamine are stored in our muscles where it plays an important role in repairing and building new muscle. Heavy training can deplete our glutamine stores so a supplement may help speed recovery.

Lamberts® powdered L-Glutamine is an affordable way to supplement the diet with doses of 5g and over and the capsules provide a convenient way to take this amino acid when out and about.