

L-Glutamine Powder

HELPS RESTORE PLASMA GLUTAMINE LEVELS DEPLETED DUE TO STRESS
250 G POWDER | NPN80044923 | LGL250-CN



FOUNDATIONAL HEALTH



Designs for Health offers L-Glutamine, a free-form amino acid, in a powdered form (3 grams per one scoop).

Glutamine is the body's most abundant free-form amino acid, representing approximately 40% to 60% of the total amino acid pool in the body. Glutamine is required to perform a variety of essential functions.

Often referred to as the multitasker, glutamine is a nutrient with an impressive range of health benefits. It helps support normal blood glucose metabolism, build lean muscle, and promote a normal immune response.

In the gut, glutamine promotes the health and function of the mucosal cells for normal repair.

Furthermore, glutamine distributes nitrogen freely to the cells that need it the most, such as the immune cells, the gut cells, and the muscle cells. Glutamine is also fuel for brain cells, which helps to maintain mental energy.

Glutamine Support

Gut integrity: By fueling the mucosal cells of the intestine, glutamine helps strengthen the integrity of the intestinal wall to support a healthy gastrointestinal tract

Immune Support: Provides a major source of energy for the immune system and its varied cells. Glutamine is an excellent nutrient for immune support

Maintenance of Muscle Tissue: Supports muscle recovery during sporting events or exercise and play a role in the prevention of reduce soreness

Antioxidant: Increases production of glutathione, the body's main antioxidant, and supports a healthy immune response by protecting tissues from oxidative damage and helping to support the body's natural detoxification of harmful substances

Brain Support: An important precursor to the production of neurotransmitter substances in the brain and helps to support wellness of the brain and mental energy

Benefits

- Supports muscle growth
- Promotes a healthy immune response
- Supports healthy digestion

Recommended Dose

Adults: Take one scoop (approx. 3 g) twice per day, or as directed by your health care practitioner. Refer to the product label for dosing instructions, age-appropriateness, and relative risk statements. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.

Highlights

- 3 g of L-glutamine per serving
- Vegan, dairy-free, gluten-free, soy-free, and non-GMO
- Unflavoured/unsweetened powder that can easily be added to any beverage or shake

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