



# I-Glutamine

Introduced 1995

## What Is It?

I-Glutamine is the most abundant amino acid in the body. In times of stress or increased metabolic demand, glutamine is an especially important source of energy for the G.I. tract. It also supports muscle health and immune system function.\*

## Uses For I-Glutamine

**Gastrointestinal Health:** In the gut, glutamine maintains healthy integrity of the intestinal tract and enhances the protective mucosal lining. This helps to ensure proper nutrient utilization and absorption while limiting the amount of toxins that pass through the intestinal barrier.\*

**Muscle Support and Recovery:** I-Glutamine provides potential support for muscle function and glycogen replenishment following exercise. In addition, its effects on immune function may support post exercise recovery and resistance.\*

## What Is The Source?

I-Glutamine is derived from fermentation of vegetables. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations® recommends:

- I-Glutamine 1,000 mg: 1-3 capsules daily, in divided doses, between meals.
- I-Glutamine 500 mg: 2-6 capsules daily, in divided doses, between meals.
- I-Glutamine powder: 2-3 heaping scoops daily, in divided doses, between meals, or as directed by a health professional.


## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.


## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

### I-Glutamine 1,000 mg

each vegetarian capsule contains  v 00  
 I-glutamine (free-form) ..... 1,000 mg  
 other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)  
 1-3 capsules daily, in divided doses, between meals.

### I-Glutamine 500 mg

each vegetarian capsule contains  v 1  
 I-glutamine (free-form) ..... 500 mg  
 other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)  
 2-6 capsules daily, in divided doses, between meals.

### I-Glutamine powder

each heaping scoop (3.1 g) contains v  
 I-glutamine (free-form) ..... 3 g  
 serving size: 3.1 g (1 heaping scoop)  
 servings per container: 73  
 2-3 heaping scoops daily, in divided doses, between meals, or as directed by a health professional.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. 800-753-2277 | PureEncapsulations.com  
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