



L-Glutamine Product Specifications

L-glutamine levels have been found to be decreased in endurance athletes who train too often and at high intensity. Athletes with a strenuous training schedule may be able to reduce the risk of infections by supplementing with glutamine. Logos offers it as a sports nutrition supplement, but it is involved with more metabolic processes than any other amino acid. For example, glutamine is one of the three amino acids involved in glutathione synthesis. Glutathione is the body's most useful intracellular antioxidant and liver detoxifier. Glutamine can be converted by the body to glucose when it needs more energy.

The potential health benefits of glutamine include immune system regulation, nitrogen shuttling, oxidative stress, muscle preservation, intestinal health, injuries, and much more. Supplemental L-glutamine can be helpful in the treatment of arthritis, autoimmune disease, fibrosis, intestinal disorders such as ulcerative colitis, peptic ulcers, and connective tissue diseases.

Glutamine is used to protect the lining of the small and large intestines from damage caused by chemotherapy or radiation. Glutamine can aid in healing stomach ulcers and prevent inflammation of the stomach that is caused by chronic use of nonsteroidal anti-inflammatory medications. Individuals with advanced stages of human immunodeficiency virus (HIV) often experience severe weight loss (particularly loss of muscle mass). Glutamine combined with antioxidants or other nutrients may help people with HIV to gain weight.

Toxicity, Side Effects, Interactions and Contraindications

Glutamine supplementation is considered safe when used in accordance with proper dosing guidelines. However, a small number of people may experience headaches and other side effects with glutamine. People with kidney disease, liver disease, or Reye's syndrome should not take glutamine. Persons sensitive to monosodium glutamate (MSG) may also want to avoid glutamine supplements, since the body can convert glutamine into glutamate.

SUGGESTED USE: As a dietary supplement, take one (1) to three (3) tablets daily.

CAUTION: Do not exceed recommended dosage. This product is not intended for pregnant or nursing mothers or children under the age of 18. If you have a known medical condition and have questions about the advisability of taking this product, consult your physician prior to use.

KEEP THIS AND ALL OTHER DIETARY SUPPLEMENTS OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER BOTTLE CAP IS MISSING OR BROKEN. STORE IN A COOL, DRY PLACE.

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

We back our products with an Unconditional Satisfaction Guarantee! Questions or Comments - Call 800-556-5530 Or visit our Website: www.logosnutrionals.com Manufactured Exclusively for LOGOS NUTRITIONALS, LLC. P.O. Box 1215, Snellville, GA 30078 © 2009 LOGOS

LOGOS NUTRITIONALS

L-Glutamine
1000mg.

Supplement Facts
Serving Size: 1 Tablet

Amount Per Serving	%Daily Value
L-Glutamine	1000mg. *

*Daily Value not established.

Other ingredients: Magnesium stearate, stearic acid, and microcrystalline cellulose.

This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, fish and crustacean shellfish.

Lot#:
Manufacture Date:
Best if used by: 4122-4742-2403A

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100 Tablets | Dietary Supplement

The products and the claims made herein have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent disease. The information provided is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional.