

VERSATILE FORMATS FOR RECOVERY

L-GLUTAMINE POWDER

- **Precision Postworkout Support**
Our mild-tasting powder format is ideal for muscle-cell repair and recovery after exhaustive exercise.
- **High-Volume Value**
Available in 250 g and new 500 g formats, providing a clean source of nutritional support that dissolves easily in cold liquids.

L-GLUTAMINE CAPSULES

- **Targeted Systemic Support**
Capsules offer a convenient way to support the immune system and gastrointestinal lining.
- **Digestive Resilience**
Specifically valued for supporting intestinal health during periods of physical stress.



RESTORE AND REBUILD FASTER WITH L-GLUTAMINE

Make Life Better · newrootsherbal.com

Capsules (500 mg)

Each vegetable capsule contains:

L-Glutamine 500 mg

Other ingredients:

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use:

Adults: Take 4 capsules three times daily with a meal or as directed by your health-care practitioner. **For weight training:**

Adults: Take 3 capsules up to six times (9 g) daily.

#0865 · 120 capsules • #0866 · 240 capsules

V0100-R2 · NPN 80010311

Powder

Each bottle contains:

L-Glutamine 250 g or 500 g

Directions of use:

Adults: Mix 1 rounded teaspoon (approx. 5 g) with cold liquid once daily or as directed by your health-care practitioner. We recommend weighing L-Glutamine for precise dosage.

#0868 · 250 g • #3613 · 500 g

P0163-R1 · NPN 80021094

- **Manufactured in Canada in a certified cGMP (Current Good Manufacturing Practices) facility.**
- **All ingredients and finished products are tested for quality and safety in an ISO 17025-accredited laboratory.**

To ensure these products are right for you, always read and follow the label.

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L-Glutamine

PURE FLEXIBLE SUPPORT FOR MUSCLE AND GI HEALTH



WHAT IS L-GLUTAMINE?

PURE SUPPORT FOR GI AND MUSCLE FUNCTION

L-Glutamine is a 5-carbon amino acid and the most abundant free amino acid in the human body. While it is normally nonessential, it becomes “conditionally essential” during periods of intense physical stress, trauma, or exhaustive exercise, causing increased tissue breakdown (catabolic states).



Skeletal muscle serves as the primary reservoir for L-glutamine, producing approximately 80–90% of the body’s total pool. However, under physical stress, the body’s demand can exceed its ability to synthesize this amino acid.

Supplementation ensures that sufficient levels are maintained within cells to support essential physiological processes and overall protein use.

WHY L-GLUTAMINE MATTERS

FUELING CELLULAR REPAIR AND RECOVERY

The importance of L-glutamine shifts depending on your wellness goals, making it a versatile tool for both performance and systemic health.

For Postworkout Recovery

During intense physical exertion, plasma glutamine levels drop, increasing demand on muscle stores. When the demand exceeds production, the body may draw on muscle tissue, leading to catabolism (muscle breakdown).

- **Minimizes Muscle Breakdown:** Maintains intracellular concentrations to prevent catabolism.
- **Promotes Repair:** Provides substrates essential for protein synthesis and muscle-cell recovery.
- **Prevents Depletion:** Helps maintain high levels within muscle cells.

WHO CAN BENEFIT?

Maintaining adequate L-glutamine levels protects your muscles and your intestinal and immune functions, providing the foundation needed to thrive in an active environment.

For Intestinal and Immune Health

L-Glutamine is also a fundamental fuel source for rapidly dividing cells, particularly those in the immune system and the gastrointestinal lining.

- **Supports Gut-Barrier Function:** Supports intestinal barrier integrity and reduces permeability.
- **Fuels Immune Defense:** Provides critical fuel for immune cells like lymphocytes.
- **Improves Intestinal Health:** Supports the health and morphology of epithelial cells in the digestive system.



- High-Performance Athletes
- Those Undergoing Physical Stress
- Adults Focused on Digestive Wellness
- Recovery-driven Consumers