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**ESSENTIALS**

# L-GLUTAMINE 500 mg

Free form essential amino acid.

## Nutritional Information

One Capsule provides:

L-Glutamine	500 mg
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Take one to six capsules daily on an empty stomach.  
Swallow with water.



## SUMMARY

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- Free form amino acid
- 500 mg L-glutamine per capsule

## DESCRIPTION

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L-Glutamine is a conditionally essential amino acid which is used by the body to form proteins, which are required for biological functions and cell structures. L-Glutamine is the main structural component of the epithelial cells of the gastrointestinal tract and is needed to help heal and maintain gut lining integrity. It is also involved in the regulation of the urea cycle. Quest L-Glutamine provide 500mg of free form L-glutamine.

## HOW DOES L-GLUTAMINE BENEFIT HEALTH?

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**Gut health:** L-Glutamine is the main amino acid in the structure of the gut and is essential for the growth of cells. L-Glutamine serves as a fuel for the gut cells which need a constant source, due to their rapidly dividing nature<sup>1,2</sup>. L-Glutamine is particularly important in those with gut injury as it is an essential nutrient for healing. The addition of L-Glutamine to those receiving parenteral nutrition has been shown to prevent deuteriation of the gut, decrease gut permeability and preserve the gut structure<sup>3</sup>.

**Recovery from illness and injury:** L-Glutamine serves as a fuel for rapidly dividing cells. When recovering from illness, injury or surgery, requirements are increased. Research suggests that L-Glutamine supplementation is associated with a reduction of infectious complications and with shorter hospital stays for those who have undergone surgery<sup>4</sup>. L-Glutamine levels in the body become depleted in states of infection and injury indicating that the body's synthesis of glutamine is not adequate<sup>5</sup>.

**Immunity:** L-Glutamine plays a key role in maintaining immune function after injury. A study has found that the decrease in glutamine concentrations in the blood correlated with a greatly decreased rate of proliferation of lymphocytes and phagocytes. Glutamine concentrations were 58% lower in burns victims than in healthy controls. The decrease in blood glutamine lasted for 21 days after the injury and contributed to the decrease in immune function<sup>6</sup>. Athletes undergoing intense workouts and prolonged events experience a decline in their immune system capability and an increased risk of infections. L-Glutamine blood levels decline after exhaustive exercise which contributes to the decline in immune function. A study demonstrated that L-Glutamine supplementation had a beneficial effect on the immune capacity of endurance athletes. The ratio of T-helper cells were increased in those given L-Glutamine supplementation when compared to a placebo<sup>7</sup>.

**Energy:** L-Glutamine plays a key role in the synthesis of energy. It is metabolised in the intestinal cells to L-alanine. It then gets further converted in the Krebs cycle into malate, succinate and fumarate and aids in the production of ATP energy<sup>1</sup>.

## ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING L-GLUTAMINE?

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L-Glutamine is intended exclusively for use by adults. Professional medical advice is recommended before using during pregnancy or breastfeeding.

## FEATURES

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- 500 mg L-glutamine
- Free form amino acid
- Gluten-free
- Dairy-free
- Vegan

## HEALTH NEEDS

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GUT & DIGESTION



IMMUNITY



SPECIALIST  
HEALTH

## SCIENTIFIC REFERENCES

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