

L-Glutamine Product Specifications

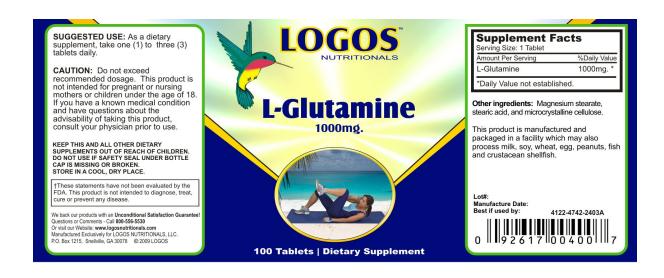
L-glutamine levels have been found to be decreased in endurance athletes who train too often and at high intensity. Athletes with a strenuous training schedule may be able to reduce the risk of infections by supplementing with glutamine. Logos offers it as a sports nutrition supplement, but it is involved 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.



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