



L-Glutamine

Quest L-Glutamine is a superior amino acid supplement. This amino acid is one of the few compounds that can cross the blood-brain barrier and participate in brain chemistry. In the brain, L-glutamine is converted to glutamic acid, which serves as an energy source for the brain, a role that only it and glucose (blood sugar) can fulfill.



PRODUCT CODE: 338439

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps restore plasma glutamine levels depleted after periods of physical stress. Helps support digestive and immune system health after periods of physical stress. Helps to assist muscle cell repair after exercise.	Capsules	Adults take 5 capsules twice daily or as directed by a health care practitioner.

DESCRIPTION:

Each capsule of Quest L-Glutamine contains 500 mg of free-base L-glutamine. This product contains no artificial preservatives, colours, flavours, or added sugar, starch, milk products, yeast, gluten, or salt.

Recommended Daily Allowance: N/A

Food Sources: Fish, red meat, dairy products, beans.

Causes of Deficiency: Inadequate protein in the diet, severe injury or illness, intense exercise.

Symptoms of Deficiency: Mental fatigue.

Complementary Nutrients: Overall healthful diet with adequate protein.

HOW IT WORKS:

L-Glutamine is a versatile amino acid that is widely dispersed in body proteins and enzymes. This amino acid maintains both nitrogen and acid balance in human physiology by virtue of its role in ammonia fixation, transfer, and excretion. As a source of energy for the brain, L-glutamine increases mental alertness.



DID YOU KNOW...

Traumatic stress situations such as surgery, burns, sepsis, and cancer increase the physiological demand for glutamine.

L-Glutamine

RESEARCH:

University of Paris researchers looked at the amino acid L-glutamine and reported their results in the journal Biomedicine and Pharmacotherapy. They found that L-glutamine seems to contribute to learning and memory by strengthening synapses (the connections between nerves) in the brain. Indeed, they said L-glutamine has a “high priority” in brain health, “clearly playing an important role.” If deficiencies in this amino acid occur, difficulties in nerve transmission can result.

SIDE EFFECTS:

Rarely, constipation and bloating. High doses (21 grams daily) are generally well tolerated.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if you have a manic depressive condition or other disorder that induces manic behaviour. Do not use if you are hyperactive. Do not use if you have severe liver or kidney disease.

OTHER CONSIDERATIONS:

Do not use if you are pregnant or breastfeeding. Keep out of reach of children.

LABEL:

QUEST

MIEUX-ÊTRE

L-Glutamine
500 mg

NPN 80006065

90 capsules

Aide à la réparation de cellules musculaires

Sans colorants, arômes ou agents de conservation artificiels

USAGÉ RECOMMANDÉ : Aide à restaurer les niveaux sanguins de glutamine appauvris suite à des périodes de stress physique (e.g., de l'exercice physique intense et prolongé). Aide au maintien de la santé du système digestif et du système immunitaire suite à des périodes de stress physique. Aide à la réparation de cellules musculaires suite à de l'exercice physique.

Dose recommandée (adultes) : Prendre 5 capsules, deux fois par jour.

INGRÉDIENTS MÉDICINAUX : Chaque capsule contient : L-Glutamine500 mg

INGRÉDIENTS NON MÉDICINAUX : cellulose microcristalline, stéarate de magnésium, gélatine.

Information sur les risques : Consulter un praticien de soins de santé avant d'en faire l'usage si vous êtes enceinte ou allaitante ou si vous suivez un régime à basse teneur en protéines.

Ce produit ne contient aucun maïs, ingrédients laitiers, œuf, gluten, crustacés, soja ou sulfites.

RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE PORTÉE DES ENFANTS.

QUEST

WELLNESS

L-Glutamine
500 mg

NPN 80006065

90 capsules

Helps muscle cell repair after exercise

No artificial colours, flavours or preservatives

Recommended Use: Helps restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps support digestive and immune system health after periods of physical stress. Helps assist in muscle cell repair after exercise.

Recommended Dose (Adults): Take 5 capsules twice daily.

Medicinal Ingredients: Each capsule contains: L-Glutamine500 mg

Non-medicinal Ingredients: Microcrystalline cellulose, magnesium stearate, gelatin.

Risk Information: Consult a health care practitioner prior to use if you are pregnant, breastfeeding or following a low protein diet.

This product does not contain corn, dairy, egg, gluten, shellfish, soy or sulfites.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.

www.questvitamins.com
1-877-929-2548

SunOpta Inc.
6 Commerce Crescent
Acton, ON L7J 2K3

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