Klean L-Glutamine

DESCRIPTION

Klean L-Glutamine provides free-form I-glutamine, an amino acid that supports recovery, immune health and gastrointestinal health.[‡]

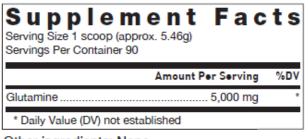
INDICATIONS

- Immune health[‡]
- Gastrointestinal health[‡]
- Exercise recovery[‡]

FUNCTIONS AND MECHANISM OF ACTION

Glutamine (I-glutamine) is the most abundant amino acid in the body, serving as a source of cellular energy in muscle, gut and immune cells.¹⁻³ Oral ingestion of this amino acid helps to replenish and restore glutamine levels, that decline during a single session of prolonged exercise. Low glutamine levels in the bloodstream are also associated with overtraining.^{1,4} Glutamine supports muscle recovery, by helping to moderate minor muscle damage associated with eccentric exercise⁵ and facilitating the storage of glycogen in muscles.⁶ Glutamine also supports muscle function and plasma antioxidant capacity in physically active elderly individuals.⁷ Glutamine is highly utilized by immune cells, supporting white blood cell proliferation, macrophage activity and neutrophil function. Glutamine also plays a key nutritional role in maintaining gut health, helping to maintain the integrity of the intestinal lining.^{10‡}

FORMULA



Other ingredients: None

SUGGESTED USE

As a dietary supplement, adults take 1 scoop dissolved in 8-10 oz of liquid, or as directed by a coach, trainer, or health professional.

WARNING

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

STORAGE

Store in a cool, dry place. Keep out of reach of children.

REFERENCES

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For more information on Klean L-Glutamine, visit kleanathlete.com

[‡]These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure, or prevent any disease.

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