

## Klean L-Glutamine

### DESCRIPTION

Klean L-Glutamine provides free-form l-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 (l-glutamine) is the most abundant amino acid in the body, serving as a source of cellular energy in muscle, gut and immune cells.<sup>1-3</sup> 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.<sup>1,4</sup> Glutamine supports muscle recovery, by helping to moderate minor muscle damage associated with eccentric exercise<sup>5</sup> and facilitating the storage of glycogen in muscles.<sup>6</sup> Glutamine also supports muscle function and plasma antioxidant capacity in physically active elderly individuals.<sup>7</sup> Glutamine is highly utilized by immune cells, supporting white blood cell proliferation, macrophage activity and neutrophil function. Glutamine supplementation may help to moderate the effects of intense exercise on immune function.<sup>2,8,9</sup> Glutamine also plays a key nutritional role in maintaining gut health, helping to maintain the integrity of the intestinal lining.<sup>10‡</sup>

### FORMULA

<b>Supplement Facts</b>		
Serving Size 1 scoop (approx. 5.46g)		
Servings Per Container 90		
	<b>Amount Per Serving</b>	<b>%DV</b>
Glutamine .....	5,000 mg	*
* Daily Value (DV) not established		

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](https://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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