

# L-GLUTAMINE POWDER

## Fortify Your Gut Barrier, Support Immune Defenses, and Nourish Muscles\*

- Strengthens the intestinal lining\*
- Supports the gut microbiota\*
- Supports intestinal regularity\*
- Promotes gut-related immunity\*
- Optimizes brain function\*
- Maintains lean body mass\*
- Supports normal muscle recovery after exercise\*

L-Glutamine is a small amino acid with big impacts on human health.\* Our bodies need a lot of glutamine to stay healthy.\* In fact, it is the most plentiful amino acid in our bloodstreams. Unfortunately, many people aren't able to get enough glutamine from food alone, especially people who are on a low-protein diet, under stress, injured, exercising intensely, elderly, or in need of digestive support.\* DaVinci<sup>®</sup> Laboratories helps replenish levels of this amino acid with an L-glutamine drink mix ideal for exercise recovery, digestive support, and keeping the brain sharp and focused.\*

### Build a Healthy Gut and Immune System\*

Glutamine is critical for keeping the intestinal mucosa healthy.\* Glutamine is the main fuel source for intestinal cells and therefore a key ingredient for strengthening the intestinal lining so as to avoid leaky gut, or intestinal permeability.\* Its role in maintaining a healthy gut barrier makes glutamine a champion for immune system health.\* It's of particular interest to endurance athletes, whose immune systems often need extra support after training.\*

L-Glutamine also supports microbial balance in the intestines by supporting healthy levels of beneficial bacteria.\* As a guardian of gut-related health, glutamine may reduce occasional constipation and diarrhea and lead to more comfortable bowel movements.\*

### Sharpen Brain Function\*

L-Glutamine passes through the blood-brain barrier, where it serves as fuel to energize the brain.\* It also boosts levels of the neurotransmitter GABA, to optimize brain function and mental activity.\*

## Maintain Your Muscles\*

L-Glutamine is found in large amounts in muscles.\* In fact, glutamine makes up roughly 60% of your skeletal muscle, so it's popular among bodybuilders who want to maintain lean body mass and support normal muscle recovery after exercise.\* This amino acid also helps maintain muscle tissue during aging and after long periods of inactivity.\*

### L-Glutamine Powder is recommended for:

- Supporting a healthy gut barrier\*
- Occasional irregularity\*
- Gut microbe imbalances\*
- Normal muscle recovery after exercise\*
- Suboptimum immune protection\*
- Athletic performance\*
- Low muscle mass in the elderly\*
- Cognition and memory\*

**Suggested Use:** As a dietary supplement, mix 1 1/2 teaspoons per day in 8 oz. juice or water, or as directed by your healthcare practitioner.

## Supplement Facts

Serving Size 1 1/2 teaspoons (5 gm)  
Servings Per Container 30

Amount Per Serving	% Daily Value
L-Glutamine 5,000 mg	*

\* Daily Value not established.

Other ingredients: None

**Warning:** Persons with kidney disorders should consult with their healthcare practitioner prior to using this product. If pregnant or nursing, consult your healthcare practitioner before taking this product.

VEGETARIAN / GLUTEN FREE

\*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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