





L-Glutamine Powder



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Content
180 gr / Powder
PZN 5571635
RRP 29,90 €
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Recommended intake
3 gr. / day
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without
genetic engineering, artificial flavorings, artificial colorants, artificial conservation
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free of
peanut oil, fructose, gelatine, gluten, yeast, granulated sugar, lactose, soya protein/lecithin, sorbitol

L-glutamine supports...

- ... and forms approx. 60% of the protein present in skeletal muscle
- ... the maintenance of a normal intestinal mucosa
- ... and is significantly involved in the structure-giving tissue
- ... in situations with increased energy requirements
- ... during great exertion, physical training or examinations
- ... for an optimal energy supply of the cells

Among other things, **L-glutamine** is responsible for water retention in the cells. During physical exertion, as in training, **glutamine** causes an increase in cell volume. It thus supports protein and glycogen formation. **L-glutamine contributes to normal nerve and intestinal function.**



Nutritional values	Per daily portion (3 gr.)
L-glutamine	3,00 g

Intestinal pleasures.

L-glutamine is an important amino acid for the body. In muscle cells, L-glutamine is the most abundant free amino acid, and for intestinal cells, L-glutamine serves as the main source of energy. In stress situations such as severe illnesses, injuries, burns and operations, the body's own glutamine production is often unable to meet the demand, and a supply from outside (diet, supplements) becomes necessary.

L-glutamic acid is a non-essential amino acid that the organism can produce in sufficient quantities from various precursors. L-glutamic acid itself serves as a precursor for L-glutamine.

The product is suitable for vegans and vegetarians.