

Glutamine

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Dynamic Amino Acid To Help Reduce Cravings



The Many Benefits of Glutamine

- Helps support the immune system
- Helps support human growth hormone production
- Helps heal mucous membranes
- Helps strengthen the intestinal lining
- Helps relieve fatigue
- Helps reduce the craving for alcohol, drugs and sugar
- Helps protect against the effects of alcohol
- Shortens healing time for ulcers
- Acts as brain fuel to improve cognition and memory
- Important nutrient in potassium transport

Glutamine and the Immune System

Glutamine is the most abundant amino acid in the body. Research shows that glutamine, an important amino acid, can help support your immune system by strengthening immunoglobulins, such as s-IgA, on your intestinal mucosal lining. When this mucosal lining has adequate s-IgA, bacteria cannot bind to it; therefore, infection is less likely.

Secondly, glutamine can also help strengthen and increase the numbers of certain white blood cells, called lymphocytes. This also helps to support your immune system. Glutamine is considered an essential amino acid for mucosal and intestinal integrity during times of stress and during chronic illness.

Glutamine and Growth Hormone

Glutamine can be invaluable in influencing production of hGH. One study demonstrated that taking glutamine could affect muscular protein synthesis and circulating growth hormone levels. In this study, taking 2 grams of oral glutamine daily caused a significant release (more than 400%) of growth hormone in men. Although the growth hormone levels increased, the study did not measure muscle mass changes or exercise enhancement.

Another study did show the anabolic and anticatabolic effects of glutamine as it increased protein synthesis and inhibited protein breakdown. This finding could mean that supplementing with glutamine could help enhance muscle growth and improve athletic performance.

Research on amino acids such as glutamine is still in its infancy. While some studies show the positive effects of glutamine supplementation on overtraining, others do not. Glutamine is an essential amino acid with many effects on the body's systems. It has been used to help support many body functions.

Recommended Use: Adults or children (age 4 and up): Take 1 to 3 capsules (500 mg./capsule) daily with food.

Accelerated Use (to help support the immune system, reduce cravings, etc.): Take 2 capsules, 2 to 3 times per day with food.

- Babal, B. "Hot Stock", *Nutrition Science News*, January 2000.
Welbourne, TC. Increased plasma bicarbonate and growth hormone after an oral glutamine load. *Am J Clin Nutr* 1995; 61:1058-61.
Williams, MH. Facts and fallacies of purported ergogenic amino acid supplements. *Clin Sports Med* 1999 Jul; 18(3):633-49.
Wu Gy, Thompson, JR. The effect of glutamine on protein turnover in chicken skeletal muscle in vitro. *Biochem J* 1990; 265(2):593-8.