



NATURE'S SUNSHINE

L-Glutamine

GOOD FOR

Brain

Immune System

Digestive System

SIZE **30 Capsules**

ITEM # **1776**

SERVING **2**

SUPPLY **15 days**

DIRECTIONS FOR USE Take 2 capsules daily with a meal.

— How the Key Ingredients Work

L-Glutamine is your body's most abundant amino acid — a quiet workhorse that keeps your gut lining strong, supports your muscles after hard work, and helps your brain stay balanced. This single-ingredient formula delivers pure L-Glutamine to replenish what stress, exercise, and everyday life can deplete.

L-Glutamine (Gut Lining Support) — Your intestinal lining is only one cell thick, and L-Glutamine is its favorite fuel. Research in people with irritable bowel syndrome found that adding L-Glutamine to their routine significantly reduced abdominal discomfort compared to diet changes alone, thanks to its ability to help maintain a healthy, intact gut barrier.

L-Glutamine (Digestive Comfort) — When the gut lining is well-nourished, everyday digestive discomfort has less room to take hold. L-Glutamine helps support the mucosal layer of the intestines, the protective coating that keeps things running smoothly, so you can feel more comfortable after meals and throughout the day.

L-Glutamine (Antioxidant Support) — L-Glutamine is a key building block for glutathione, often called the body's master antioxidant. Clinical research in patients under significant physical stress shows that glutamine supplementation can raise the body's overall antioxidant capacity, helping your cells stay protected from everyday oxidative wear and tear.

L-Glutamine (Muscle Recovery) — After a tough workout, your muscles need support to bounce back. Clinical trials show that L-Glutamine supplementation can reduce post-exercise muscle soreness and help limit the temporary strength loss that follows intense training, making it a popular choice among active people who want to feel ready for their next session sooner.

L-Glutamine (Athletic Endurance & Immunity) — Heavy training can temporarily put pressure on the immune system, particularly the mucosal defenses in the airways and gut. Research suggests L-Glutamine may help support mucosal immunity during periods of intensive exercise, giving athletes an extra layer of everyday resilience when their training load is at its highest.

L-Glutamine (Brain & Mood Balance) — L-Glutamine is one of the few amino acids that can cross directly from the bloodstream into the brain. Once there, it serves as a precursor to important brain-signaling chemicals, helping the brain maintain a healthy chemical balance that supports steady mood, mental clarity, and a calm, focused feeling.

L-Glutamine (Cravings & Blood Sugar Stability) — Practitioners working in amino acid therapy have long used L-Glutamine as part of support programs for people dealing with cravings for sugar, alcohol, or stimulants. It is thought to help by acting as a quick energy source for the brain and by supporting the balance of brain chemicals involved in reward and appetite regulation.

L-Glutamine (Conditionally Essential During Stress) — Under normal conditions the body makes enough glutamine on its own, but during illness, intense physical stress, surgery, or prolonged hard training, demand can outpace supply. At those times L-Glutamine becomes conditionally essential, meaning outside support through diet or supplementation helps the body keep up with its increased needs.

 (888) 510-7196  service@caringsunshine.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. For educational purposes only.

BUY THIS QUICKLY
Scan to shop this product

