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Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Overview

L-Glutamine 1000 mg, 60 capsules

Product number: VS3846



Price

Quantity	Unit price	Base price
To 1	€19.90	€288.41 / 1 Kilogramm
To 4	€18.90	€273.91 / 1 Kilogramm
From 5	€17.90	€259.42 / 1 Kilogramm

Prices incl. VAT plus shipping costs

Description

Glutamine is the most abundant non-essential amino acid in the human body

This means that the body can usually produce it itself. Endogenous synthesis is greatest in the muscles, lungs, adipose tissue and brain. Under certain circumstances, glutamine synthesis may not be sufficient to meet demand. For this reason, glutamine is also considered semi-essential. Glutamine is (together with the amino acids cysteine and glycine) a building block for glutathione. Around 500 amino acids occur in nature. Twenty of these are amino

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acids that serve as building blocks for the proteins in the human body; these are referred to as "basic amino acids". These basic amino acids can be divided into the categories "essential", "semi-essential" and "non-essential".

Functions of L-glutamine

L-glutamine is not one of the essential amino acids, because our body can synthesise it from L-glutamic acid with the help of the enzyme glutamine synthetase. L-glutamic acid is also an amino acid closely related to L-glutamine. Part of the L-glutamine is converted into glutamic acid in the brain. Glutamic acid can metabolise ammonia. In addition, L-glutamine is a precursor of glutathione, the most important antioxidant in our body.
If the body is supplied with too few carbohydrates, the liver can form glucose from the amino acids L-glutamine and L-alanine. If no free L-glutamine is available, the liver draws on the reserves in the muscles.

Valuable ingredients

Active substances*	per daily serving 4 capsules
L-glutamine	4000 mg

* No reference amount specified according to the Food Information Regulation (LMIV)

Ingredients

L-glutamine, hydroxypropyl methylcellulose (vegetable capsule), anti-caking agent (silicon dioxide).

Recommended intake

As a dietary supplement for adults, take 4–5 capsules per day with water between meals (at least half an hour before or two hours after eating).

Storage instructions

Store in a cool, dry place protected from light (do not refrigerate).

Legal notice

The recommended daily intake should not be exceeded. Dietary supplements are not a substitute for a balanced and varied diet and a healthy lifestyle. Keep out of reach of young children.

Product information

Application:	Immune system, Sport
Dosage form:	In vegan capsules.
Quality:	Free from magnesium stearate, Gluten-free, Lactose-free, Vegan
Product type:	Dietary supplements