

GLUTAMINE FACT SHEET

1) What is Glutamine?

Glutamine is the most abundant amino acid in the body – comprising approximately half of the free amino acids in the blood and muscle. As a non-essential amino acid, Glutamine can be produced in the body by the conversion from another amino acid – Glutamic Acid (primarily by the skeletal muscle and liver).

2) But my doctor really isn't interested in alternative therapies and I know that he won't agree with me taking it?

If you would like a doctor's opinion, we can contact our in-house doctor and put any questions to him for you.

3) I am taking other prescribed/complimentary medication; do I really need to tell my doctor before supplementing Glutamine?

Yes, we would always advise informing your doctor of any product that you wish to supplement. Your doctor will need to monitor your health and supplementing another product could contraindicate with your medication.

4) I am taking medication for epilepsy, can I take Glutamine?

Yes.

5) I am on blood-thinning medication, can I take Glutamine as well?

I'm afraid the answer is no, as Glutamine could seriously affect how the medication works.

6) Who needs to take Glutamine?

Anybody who is exposed to heightened levels of stress, such as those recovering from injury, surgery or intense exercise, glutamine supplements represent an economical way to promote tissue repair, reduce muscle catabolism and help prevent infections.

7) What does Glutamine do?

It plays a very important role in protein metabolism, muscle breakdown, maintaining muscle mass, enhancing glycogen storage and aid recovery from exercise. Taken on a regular basis, it boosts the body's ability to secrete the HGH.

8) What are some of the symptoms of Glutamine deficiency?

Becoming ill or losing lean muscle mass are signs of deficiency. Catabolism or muscle breakdown can occur if the body robs the muscles of glutamine for use elsewhere, such as nitrogen transportation and maintenance of the immune system. Glutamine supplementation is certainly important in keeping muscles building and not deteriorating.

9) Where does Glutamine come from?

Glutamine is a precursor of Glutathione – an amino acid and anti oxidant that occurs naturally in the body and is made from the conversion of Glutamic (primarily by the skeletal muscle liver).

10) Can I take Glutamine with other WWH products?

Glutamine should not be taken with AKG or GHX Factor as you would exceed the Recommended Daily Allowance of 500mg of Glutamine.

Ingredients per capsule:

L-Glutamine (free Form) 500mg

Other ingredients: Rice Flour; Gelatine (capsule), Magnesium Stearate.

Does not contain sugar; salt; starch; yeast, wheat, corn, soy, egg, gluten, milk, artificial colours, flavour or preservatives.

Glutamine capsules are not suitable for vegetarians - inner ingredients may be used.