



High Quality Powdered  
**L-Glutamine**  
natural, free-form

FOOD SUPPLEMENT  
**500g<sup>e</sup> Powder**



**DIRECTIONS:** Serving Guide: 1 heaped teaspoon = 5g

Recommended Daily Intake: 5g. Take 5g mixed into water or fruit juice, at least half an hour away from food, or at bedtime, or as directed by a practitioner or pharmacist. Do not exceed recommended daily dose.

Food supplements should not replace a balanced diet and a healthy lifestyle.

**CAUTION:** Do not take if pregnant or breast feeding.

**INGREDIENTS:** L-Glutamine.

Suitable for  vegetarians &  vegans

**PRODUCT INFORMATION**

Typically:	Per 5g serving	Per 100g
L-Glutamine	5g	100g
Calories	20kcal	400kcal

Large quantities of L-Glutamine, an amino acid, are stored in our muscle.

Lamberts® amino acids are presented in their natural 'L' free-form, which means that they are ready to be absorbed and used by the body.

**KEEP AWAY FROM CHILDREN**

TO BE TAKEN ON THE ADVICE OF A  
PRACTITIONER OR PHARMACEUT ONLY

**8309-500**

Lamberts Healthcare Ltd, 1 Lamberts Road, Tunbridge Wells, Kent TN2 3EH, England. Tel: 01892 554312