



*Gregarious Glutamine*

**L-Glutamine**

P U R E P O W D E R

## Dosage:

For adults ages 18 and older: Doses of **500mg, 1 - 3 times daily**, are generally considered safe and used for **general stomach complaints and wound healing**

Doses as high as **5,000 - 15,000 mg daily (in divided doses)**, or sometimes higher, may be prescribed by a health care provider for certain conditions. These include Crohn's and **chemotherapy support**.

## Caution:

People with kidney disease, liver disease, or Reye syndrome (a rare, sometimes fatal disease affecting children that is generally associated with aspirin use) should not take glutamine.

Some people exhibit signs of excitability and wakefulness when taking glutamine and could be converting Glutamine to Glutamic acid, which could explain these symptoms

