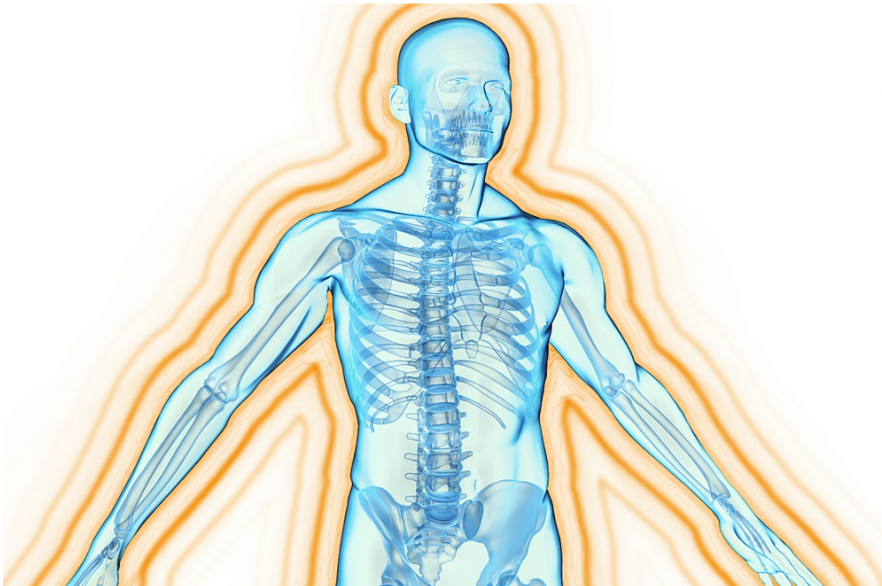
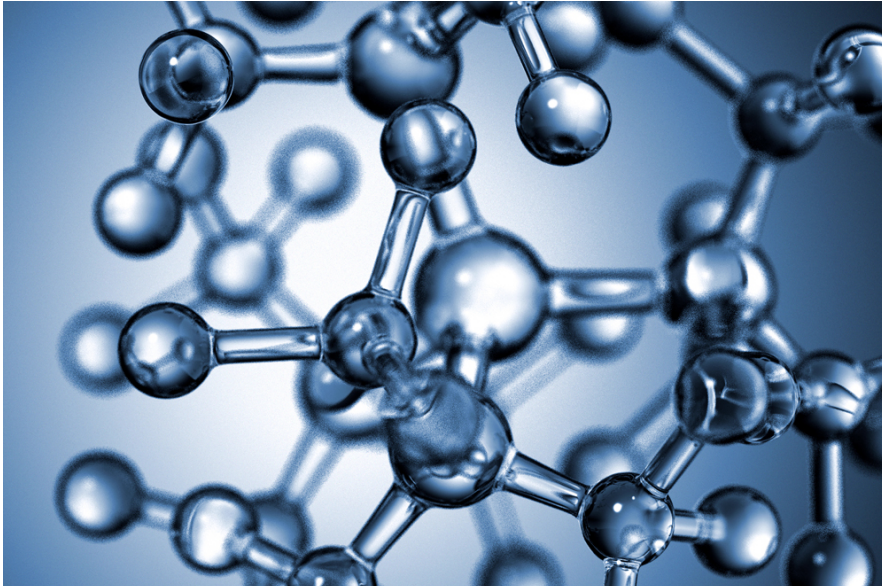




L-Glutamine



Overview

This is an amino acid that our bodies need to be healthy. Amino acids are the building blocks of protein, and protein is found in all our cells. L-glutamine plays a role in digestion, immune system health and other processes.

How we get it

How do we get L-glutamine? Our bodies actually make it for us. But we also get it from other sources.

It's in many protein-rich foods, like fish, meat and nuts. It's in dairy products, soy and beans. You can also get it by eating whole grains.

Health benefits

What are the benefits of L-glutamine? Well, it boosts your immune system. It protects the lining of your digestive tract. It also helps your body get rid of ammonia (a waste product made during digestion). We're still learning about all the things L-glutamine does for you. More study is needed.

Conclusion

To find out more about the role L-glutamine plays in your health, talk to your doctor.