



Nature Remedies UK, EU & USA. A brand of E-Macro Initiatives
Suite no. G02, Kingsley House, 37-46 Balmoral
Road, Gillingham, Kent ME7 4NT

Nature Remedies L-Glutamine Glucose Boost

USED BY THE VERY FIT AND VERY SICK ALIKE



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Nature Remedies L-Glutamine Glucose Boost 100g 3.5oz

Usage:

Take 5g (1tsp) to 15g (3tsp) per day or as required or advised by a practitioner.

Glutamine is one of the 20 amino acids, or "building blocks" of protein. It is a vital molecule that our body stores in the bloodstream and converts into glucose (blood sugar) when it is needed.

L-Glutamine, the natural form of glutamine, is needed for a wide range of repair and maintenance functions, such as wound healing, muscle and bone growth, digestive health and gut wall integrity.

This is a pure amino acid powder, used by people with various forms of digestive and intestinal problems (such as leaky gut syndrome and food intolerance reactions), a strained immune system and by athletes following gruelling training routines (it breaks down uric acid from proteins). It can also be used by people for recuperation purposes, for example following surgery, or any time the body is placed under unusual strain.

Paradoxically, this supplement is ideal for both the very fit and the very sick.

More about Nature Remedies L-Glutamine Glucose Boost

A versatile supplement

Nature Remedies L-Glutamine Glucose Boost - the natural form of the amino acid glutamine - is an amazingly versatile nutrient. For example: it is critical for normal brain and immune function it has been used for the treatment of fatigue and alcoholism it is even reputed to help reduce sugar cravings in people trying to lose weight.

Composition

Nature Remedies L-Glutamine Glucose Boost is synthesized from 3 other amino acids (or 'building blocks' of protein) - arginine, ornithine and proline. L-Glutamine is also a component of glutathione, the body's primary antioxidant, which is present in virtually every cell. If you are deficient in L-Glutamine, you are likely to be deficient in glutathione.

Growth, development and muscle

One of the most notable properties of glutamine is that it is one of a handful of substances that can naturally boost the level of human growth hormone, which is essential for normal growth and development.

In the past, growth hormone has been used experimentally as a treatment for the loss of muscle that often occurs among the sick and the elderly, and can lead to wasting syndrome. Although growth hormone can help maintain strength, the problem is that synthetic growth hormone is extremely expensive and, more importantly, can cause unpleasant side effects (such as water retention and arthritic symptoms).

However, growth hormone-releasing agents, such as glutamine, can offer some of the positive effects of growth hormone minus the expense and the array of side effects. This is particularly important for people who are severely ill and who often succumb to wasting syndrome.

In fact, glutamine is often given to patients with burn injuries to promote healing and to help strengthen immune function.

A protein-sparing agent People who regularly work out at an intense level are at risk of overtaxing their bodies, as well as losing lean tissue along with fat.

As such, and due to its reputation as a protein-sparing agent, L-Glutamine

has also attracted the attention of fitness buffs and athletes, who want to lose fat but maintain muscle.



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