



L-Glutamine

Stock #1776-0 (30 capsules)

L-glutamine is a non-essential amino acid and is one of two principle “fuels” which nourishes the brain. Recent studies show an insufficient supply of glutamine to the brain can result in minor brain damage.

The most important therapeutic use for l-glutamine is in the treatment of alcoholism. Glutamine has been shown to decrease cravings for alcohol and may prevent mental degeneration often witnessed in alcoholics. Scientists theorize that alcoholics may be unable to prevent entrance of glutamic acid—a neurotransmitter which destroys brain cells and is a potential biochemical cause of alcohol craving—into the brain. In healthy individuals, glutamic acid combines with ammonia to form glutamine. Doses of 1,500-3,000mg daily have provided positive results.

Glutamine has also been used with success in the treatment of hypoglycemia. By providing an alternate source of fuel for the brain, symptoms resulting from drops in blood sugar levels have been decreased, as well as cravings for sugar.

Research has been conducted on the use of glutamine for specific types of schizophrenia and senility, and to raise IQ levels in children and improve retardation. A study published in *Texas Reports on Biology and Medicine* found that IQ scores of mentally retarded children were raised with l-glutamine supplementation.

Dr. H. L. Newbold, in his book, *Mega Nutrients for Your Nerves*, shares that l-glutamine helps correct depression, impotence, and provides general energizing effects

Glutamine has also been used in the treatment of colitis, dizziness, ear infection, hemorrhoids, hypertension, motion sickness, Parkinson’s disease, petit mal epilepsy, sore throat, and ulcers.

Food sources of l-glutamine include brussel sprouts, cabbage, carrots, celery, kale, lettuce, papayas, snap beans, and wheat protein.