



# L-GLUT

(Neuro, Digest, Immune)

JustBeWell's L-Glut is an all-natural supplement providing pure L-glutamine, a key amino acid in the human body. L-glutamine is a conditionally essential amino acid, meaning the body's demand for it increases during instances of stress and/or prolonged physical activity. L-glutamine plays a variety of roles in the human body and is particularly important for keeping the immune system and gastrointestinal (GI) tract healthy.\*

## How L-Glut Works

Amino acids are the building blocks of protein. Amino acids are essential for repairing tissue, especially in the muscles, bones, skin, and hair. They also play a part in the function of organs, glands, tendons, and arteries.

L-glutamine is the most abundant amino acid in human muscle and blood plasma, supporting cellular integrity throughout the body and brain.\* L-glutamine is a necessary precursor of two key neurotransmitters in the body, Gamma-aminobutyric acid (also referred to simply as GABA) and glutamate. Thus, low availability of L-glutamine in the body can disrupt proper production of these neurotransmitters.

Research suggests that vigorous exercise can deplete L-glutamine levels in the blood significantly for up to six hours after the fact, making it wise to supplement with for athletes and active individuals. L-glutamine is also necessary for proper protein and glycogen synthesis, both of which are imperative for active individuals.

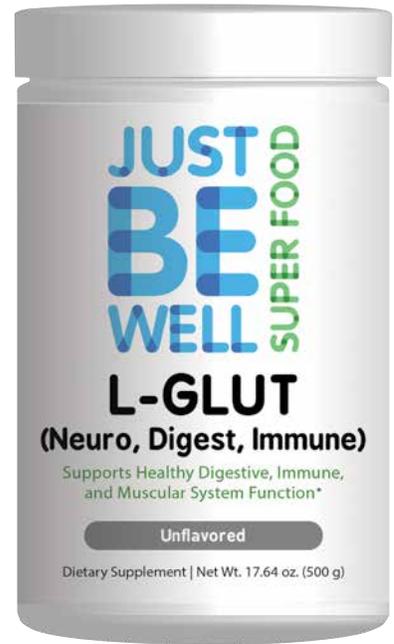
Moreover, depleted L-glutamine levels induced by intense exercise (or stress) can contribute to suppression of the immune system. When the immune system is suppressed, the body handles stress poorly, whether it's physical or emotional.

It's also been shown that L-glutamine is a crucial amino acid for supporting a healthy GI tract, particularly by maintaining the integrity of the intestinal wall.

## L-Glut Supplementation

Given the importance of adequate amounts of L-glutamine in the diet, individuals stand to benefit from L-Glut in a variety of ways. Below are some of the most pertinent research-backed benefits derived from L-glutamine:

- Supports immune health\*
- Supports digestion and GI tract function\*
- Supports proper neurotransmitter production\*
- Helps maintain protein and glycogen synthesis in the body\*



**Form:** Powder

**Serving Size:** 1 scoop (100 servings/container)

Ingredients	Amount	%DV
L-Glutamine	5 g	*

### Ingredients:

L-Glutamine

### Directions:

L-Glut contains 5g of pure L-Glutamine per serving (one scoop). It is recommended to take one scoop with water before each meal or as directed by your healthcare practitioner.

*Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.*



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A  
cGMP FACILITY

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For more information, visit: [www.justbewell.info](http://www.justbewell.info)