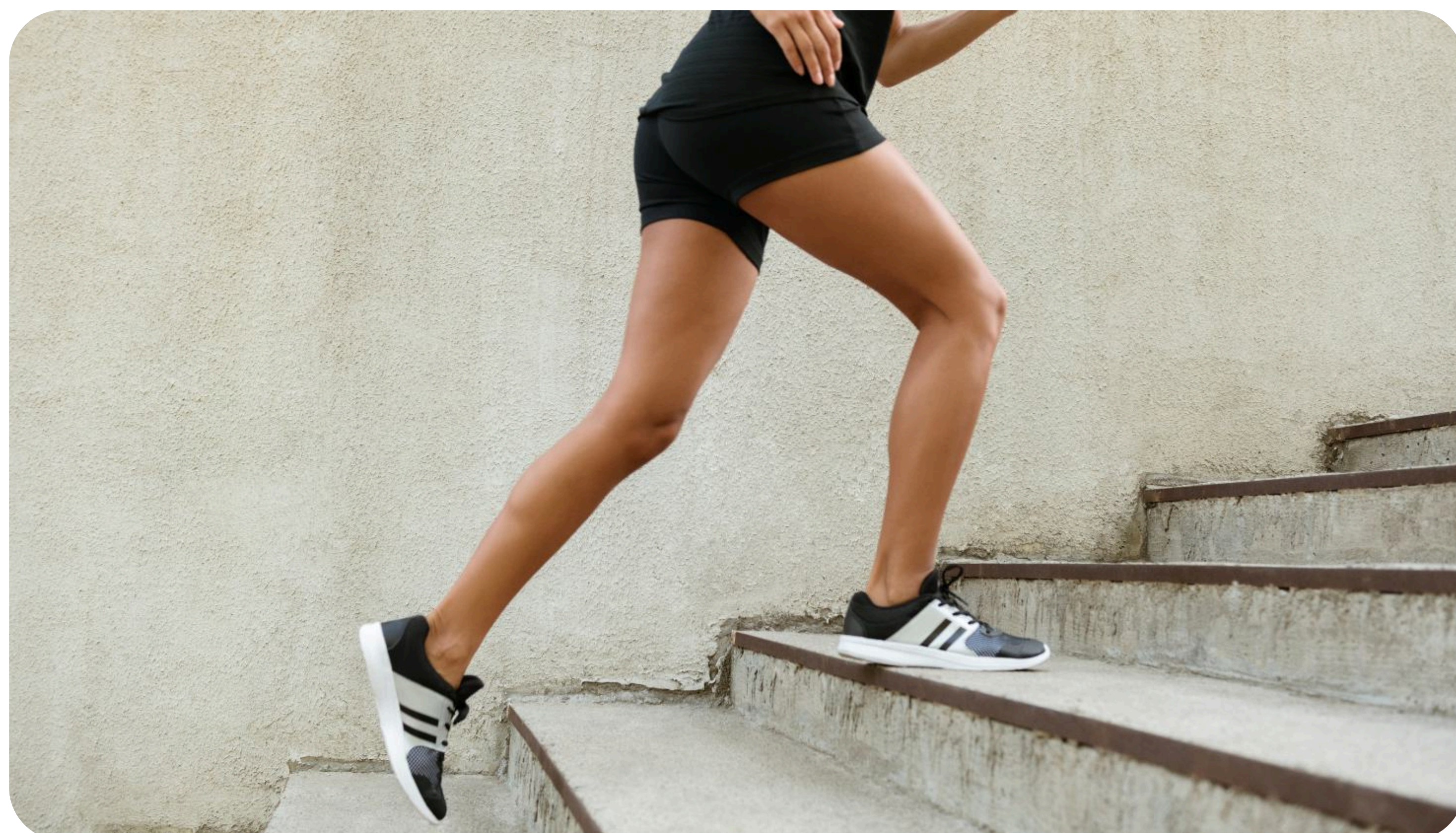


Glutamine: What you need to know



What is it?

Glutamine is the most abundant amino acid (protein building block) in the body. It is classified as a nonessential amino acid. This means that while you can get it through the foods you eat (meat, eggs, and beans), your body also makes it.

How glutamine supports metabolic health



- May support the body's internal production of glucagon-like peptide-1 (GLP-1), a natural hormone in the body that supports blood sugar and satiety (feeling of fullness after eating)
- Supports lean muscle mass (the total weight of everything in your body except fat, like your muscles, bones, organs, and water) when fasting or when protein intake is low
- Supports healthy blood pressure, cholesterol, blood sugar, and body weight

What to watch for



- Supplemental glutamine is generally well tolerated. Some people may experience mild side effects, such as:
 - Burping
 - Gas
 - Constipation or diarrhea
 - Abdominal pain
- Taking high doses for a long time may affect kidney function in some people. If you have or are at risk for kidney disease, talk to your doctor about monitoring your kidneys before using glutamine regularly.

Final tips

Research shows that glutamine can support metabolic benefits, but only when taken in the right amount. If you're considering adding glutamine to your health routine, talk with your doctor to see if it's a good fit for you and discuss the dose that would work best for your body.

Always talk to your healthcare provider before starting any new supplement, especially if you have a medical condition or take prescription medications.

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