

L-GLUTAMINE

source of information :
Essential Guide to Amino Acids
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- Precursor which form DNA and RNA
 - Carries Nitrogen from brain and muscle to Liver where converted to urea
 - Energy Source for Intestines and Kidneys (especially during starvation)
 - Assists in the production of Glucose in the Liver
 - Regulates protein, free fatty acids, glycogen metabolism
 - Anabolic effect and increases protein metabolism
 - Post Exercise INCREASES glycogen accumulation
 - Immune system depends on supplies of L-Glutamine
 - Decrease of L-Glutamine causes tissue wasting
 - Post operations (as in hospital) depletion of L-Glutamine contributes to post operative complications in patient recovery
 - Athletes immune deficiencies (associated with vigorous training) i.e. overtraining syndrome is associated with depletions of L-glutamine
 - L-Glutamine stimulates absorption of water and electrolytes across the intestinal wall the effect GREATER than produced by Glucose
 - L-Glutamine increases levels of GH (Growth Hormone) and bicarbonate in plasma (DECREASES THE ACIDITY OF BLOOD)
- Medical Uses:
- Effective in treatment of peptic ulcer,epilepsy,mental retardation
 - Treatment of OVERTRAINING SYNDROME
 - Because of L-Glutamine's effectiveness in the IMMUNE SYSTEM it has been used in the treatment of Cancer patients
 - L-Glutamine used in treatment of inflammatory bowel disease
 - L-Glutamine used in the treatment of ALCOHOLISM and LIVER DISEASE
 - Used intravenously medically to improve immune status of patients recovering from operations
 - Has an ANTI-DEPRESSANT effect in some patients
- SPORT USES :
- Prevents Overtraining Syndrome
 - Provision of ENERGY
 - Improved water and electrolyte absorption
 - STIMULATES GLYCOGEN(BODY'S SUGAR) REPLACEMENT POST-EXERCISE (note: THIS IS THE **"STOPS SUGAR CRAVINGS FACTOR"** , WHERE L-GLUTAMINE STIMULATES THE USES OF STORED FATS IN THE BIOLOGICAL PROCESS CONVERTING TO GLYCOGEN IN THE BODY NATURALLY ,

NORMALLY INTENSE EXERCISE WILL GIVE YOU A NATURAL “SUGAR CRAVING” TAKING L-GLUTAMINE WILL ENSURE THE BODY HAS THE AMINO ACIDS REQUIRED TO FACILITATE THE EFFICIENT USE OF THE BODY’S NATURAL GYCOGEN STORES WITHOUT COMPROMISING THE SYSTEM WITH THE A FATAL OVERLOAD OF WHITE SUGARSnote by Graham Healy)

- **Increases Protein Syntheses (Anabolic Effect) Muscle Building**

L-GLUTAMINE - Arguably the most important amino acid when it comes to recovery. L-Glutamine makes up approximately 62% of skeletal muscle and is shared between the recovery system and the immune system.

Glutamine can be synthesized by the body from other amino acids so it is classified as a “non-essential” amino acid, but the fact that the body has to break down or catabolise muscle tissue to do this, is reason enough for this amazing amino to be at the top of your list.

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