

NATURAL HEALTH PRODUCT

L-GLUTAMINE

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- Text in parentheses is additional optional information which can be included on the label at the applicant's discretion.
- The solidus (/) indicates that either term and/or statement may be selected on the label.

Date

January 30, 2026

Proper name(s), Common name(s), Source information

Table 1. Proper name(s), Common name(s), Source information

Proper name(s)	Common name(s)	Source information
		Source ingredient(s)
<ul style="list-style-type: none">• (S)-2,5-Diamino-5-oxopentanoic acid• L-Glutamine	<ul style="list-style-type: none">• Glutamine• L-Glutamine	<ul style="list-style-type: none">• L-Glutamine• L-Glutamine ethyl ester

References: Proper names: NIH 2024; RSC 2024; USP-NF 2024; Common names: NIH 2024; RSC 2024; USP-NF 2024; Source information: USP-NF 2024.

Route of administration

Oral

Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.

Note: Liquids and solutions are not permitted due to lack of stability of the finished product (Fürst et al. 1997).



Use(s) or Purpose(s)

- Helps restore plasma glutamine levels depleted after periods of physical stress (e.g. prolonged exhaustive exercise) (Krzywkowski et al. 2001; Bowtell et al. 1999; Castell and Newsholme 1997).
- Helps support immune system health after periods of physical stress (Shils et al. 2006; Newsholme 2001; Griffiths 1999).
- Helps support digestive system health after periods of physical stress (Shils et al. 2006, Newsholme et al. 2003; IOM 2002).
- Helps to assist in muscle cell repair after exercise (Newsholme et al. 2003; IOM 2002).

Note: The above uses can be combined on the product label (e.g., Helps restore plasma glutamine levels depleted after periods of physical stress and assist in muscle cell repair after exercise).

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

5 – 9 grams of L-Glutamine, per day (Bowtell et al. 1999; Castell and Newsholme 1997).

Direction(s) for use

No statement required.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding.

Contraindication(s)

No statement required.

Known adverse reaction(s)

No statement required.

Non-medicinal ingredients

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

Storage conditions

Must be established in accordance with the requirements described in the *Natural Health Products Regulations*.

Specifications

- The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- The medicinal ingredient must comply with the requirements outlined in the NHPID.

EXAMPLE OF PRODUCT FACTS:

Consult the Guidance Document, [Labelling of Natural Health Products](#) for more details.

Product Facts	
Medicinal ingredient in each scoop	
L-Glutamine (L-Glutamine ethyl ester)	XX g
Uses	
<ul style="list-style-type: none"> • Helps restore plasma glutamine levels depleted after periods of physical stress. • Helps support immune system health after periods of physical stress. • Helps support digestive system health after periods of physical stress. • Helps to assist in muscle cell repair after exercise. 	
Warnings	
If applicable¹:	
Allergens: food allergen, gluten (gluten source), sulphites	
Contains aspartame	
Ask a health care practitioner before use if you are pregnant or breastfeeding.	
Directions	
Adults 18 years and older: • Take X scoop(s), X time(s) per day.	
Other information	
(Add storage information)	
Non-medicinal ingredients	
List all NMIs	
Questions? (Call) 1-XXX-XXX-XXXX	

¹This section can be removed from the table if the product contains no allergen or aspartame.

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