



Steadfast NUTRITION

PREMIUM SPORTS NUTRITION



Introduction

Glutamine is the most abundant amino acid present in our body. In plasma, glutamine represents about 20% of total free amino acid pool. In liver and skeletal muscles, glutamine concentration is even higher, representing about 40-60%. Due to which it is referred as a conditionally essential amino acid. Though, glutamine can be produced within our body & at times there are certain requirements when we need to supply additional Glutamine to our body. L- glutamine plays a major role in protein synthesis, muscle recovery and supporting the gut health. Several studies have shown improved muscle synthesis and enhanced muscle recovery among athletes when glutamine was incorporated in their daily diet. So, Power Glutamine will not only decrease muscle soreness but it will also improve muscle mass and provide strength. L- glutamine is used by our skeletal muscles, liver, kidney and small intestine with many more benefits. Power Glutamine also supports gut health and boosts immunity. It assists in the transportation and absorption of nutrients. This indicates that individuals having a sensitive (weak) gut or the ones suffering from leaky gut or Irritable Bowel Syndrome benefits from consuming Power Glutamine. Our immune system is dependent on certain cells and tissues like macrophages and lymphocytes which fights against infections and speeds up wound healing. Power Glutamine provides energy to these cells decreasing our susceptibility of becoming prone to infections. In addition, it reduces inflammation and fights against any foreign invasions that might attack our healthy cells.

Benefits of Power Glutamine



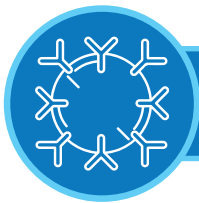
Muscle Recovery

Glutamine is present in our skeletal muscles and liver. Intense activities cause a dip in glutamine concentration of our body. This is because our liver utilises glutamine to make more glucose in order to produce energy and it also acts as a buffering agent to reduce acidity of the blood. A study conducted on Power Glutamine proved that it can be beneficial in reducing post-exercise muscle soreness and improving recovery. A study conducted in Canada on 16 healthy athletes observed that L-glutamine supplementation resulted in the faster recovery and reduced muscle soreness post an intense exercise session. Hence, Power Glutamine is perfect for all strength and endurance athletes and fitness lovers.



Healthy Gut

L-Glutamine acts as a fuel for intestinal cells and also forms a major barrier between our body and intestinal wall. It prevents harmful toxins or foreign bodies from invading into our small intestine. In case of lack of glutamine or oxidative stress, toxins might damage our intestinal wall resulting in leaky gut and increased susceptibility to infections. Power Glutamine might be beneficial for people suffering from indigestion and disorders like Irritable Bowel Syndrome (IBS), ulcerative colitis and leaky gut. Similar findings were also observed in a study conducted on 60 cancer patients in which oral glutamine supplementation reduce the signs of leaky gut post-chemotherapy without altering its anti-tumour effect.



Immunity Booster

Macrophage and lymphocytes cells of our immune system are specifically designed to fight against infections, wound healing and other processes. L- Glutamine acts as a fuel for such cells. Power Glutamine can be consumed to reduce inflammation and speed up wound healing. In case of any injury, immune cells make use of glutamine surrounding them at a much faster rate than usual. Presence of glutamine results in increased proliferation of immune cells, hence strengthening the immune system.



Anxiety & Stress Buster

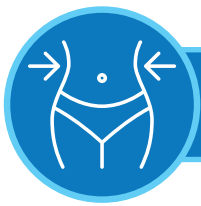
During stress our body releases Heat Shock Proteins 70 (HSP). These proteins protect our cells from getting damaged due to stress and also protects the other proteins from getting damaged. Several studies have indicated that Glutamine supplementation increases HSP -70 levels in critically ill patients. GABA is a neurotransmitter which is formed from

Glutamine and GABA has been shown to reduce anxiety effect. Hence, people who suffer from anxiety issues can also make use of SN Power Glutamine.



Protectant During Heart-Related Surgeries

When a patient undergoes any heart surgery, oxygen levels are decreased, commonly termed as Ischemia. Due to the low oxygen levels, levels of certain proteins like Troponin-I, Creatine Kinase-MB and Myoglobin are increased which might lead to death. In a study undertaken by Sufit A et al (2012), it was concluded that oral glutamine therapy prior to surgery, decreases serum levels of these proteins. So that the heart surgery conducted is safe and tolerable.



Shred Weight

Consume Glutamine as it help in curbing the unnecessary body fat. The credit of possible weight loss on glutamine consumption goes to Laviano A. who conducted a study on some obese females. This study concluded that with no change in diet and physical activity, glutamine favoured safe and effective weight loss.



Healthy Cells and Tissues

Glutamine also plays a crucial role in cell membrane protection from free radicals and oxidative stress. This is because it acts as a substrate for Glutathione, which is an important antioxidant present in our body. It essentially acts as fuel for the prevention and reparation process of the gut. Not only does it make your gut healthier, but also puts it in a state where it can recover from anomalies faster and stronger than before.



Brain Health

Glutamine is conditionally an essential amino acid which gets converted to glutamic acid in our body. Further glutamic acid gets converted to GABA (Gamma-AminoButyric Acid) which is a neurotransmitter and plays a critical role in the regulation of the central nervous system. The function of this neurotransmitter is to keep stress away, increase mental alertness, enhance mood and reduce depression. So it won't be incorrect to say that glutamine is actively involved in brain health.

What Does Power Glutamine Constitute?

Each sachet (5 g) of Power Glutamine constitutes 5 grams of L-Glutamine.

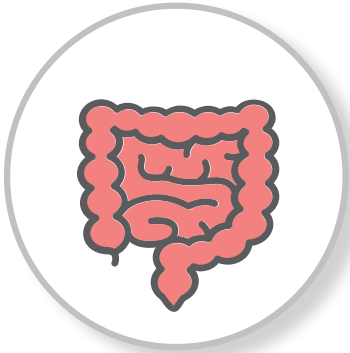
Direction for Use

Mix and dissolve one sachet (5 grams) of Power Glutamine with 250-300 ml of water or juice. Consume twice a day.

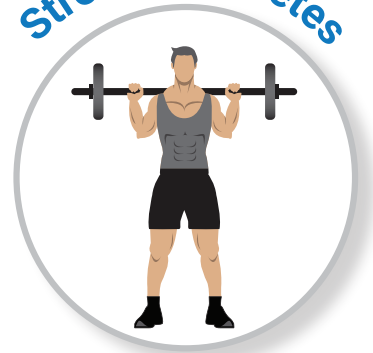
Endurance Athletes



Gut Health



Strength Athletes



Who can take
Power Glutamine?

Immunity Booster



Post Surgery

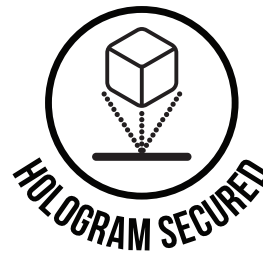


Weight Management





All nutritional products of **Steadfast NUTRITION** dutifully adheres to the practices that are:



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Steadfast Nutrition

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