



Guidelines for Taking Glutamine

Glutamine may help prevent or reduce the severity of mouth sores and sore throat that can occur with radiation.

Goal:

- 30 grams of Glutamine per day: 10 grams taken 3 times a day or 15 grams of Glutamine taken 2 times a day
- Mix with water or favorite beverage. Mix well and drink immediately.
- Take daily throughout your radiation treatment.

For Tube Feeding:

- Mix with 2-4 ounces of water. Dissolve well and infuse immediately with syringe into feeding tube. Flush well with water.

Good Sources of Glutamine:

To Buy Online:

- Healios (online only): www.enlivity.com/healios, take as directed
- Jarrow Formulas L-Glutamine Powder, 1,000 gram tub (order online via Amazon): <http://www.amazon.com/Jarrow-Formulas-L-Glutamine-Powder-1000g/dp/B0013OSIY2>
- NOW L-Glutamine Powder, 2.2 lb tub (order online via Amazon): <http://www.amazon.com/Now-Foods-Glutamine-Powder-2-2lbs/dp/B00024CSPY/>
- Nestle Nutrition Glutasolve Glutamine, 15 gram packets: www.nestlenutrition.com or call 1-800-828-9194

To Buy Locally:

- GNC - Pro-Performance L-Glutamine Powder, 1 lb
Make sure you check the dosing to get the dose recommended, up to 30 grams daily in divided doses
- Walmart - Body Fortress 100% L-Glutamine Powder: 10.6 oz tub or more