



**Code:** 9252  
**Size:** 306 g Powder

# L-Glutamine with Theracurmin<sup>®</sup>

## Muscle Repair\*

- Includes 5 g of L-glutamine and 30 mg of Theracurmin per serving
- Supports healthy muscle recovery through multiple pathways following exercise\*
- Supports healthy digestion and normal immunity\*
- Theracurmin has higher bioavailability and more rapid absorption in humans, compared to standard curcumin<sup>1,2</sup>
- Powder formulation allows for flexible and convenient servings
- Suitable for vegetarians/vegans

### PRODUCT SUMMARY

L-Glutamine with Theracurmin includes two complementary nutrients to support intestinal and musculoskeletal health, especially in response to exercise.\* L-glutamine is the most plentiful amino acid in the body, a Krebs-cycle intermediary of particular importance to intestinal and immune cells, and one known to be impacted by strenuous physical activity.<sup>3</sup> L-glutamine supplementation may help maintain normal post-exercise intestinal permeability by supporting tight junction stability, and maintaining normal cytokine production, notably of NF-κB.\*<sup>4</sup> L-glutamine also helps maintain healthy protein synthesis pathways while supporting normal protein breakdown, and may also support healthy and comfortable muscle recovery following exercise.\*<sup>5-7</sup>

Curcumin may help support normal function of multiple molecular targets, including NF-κB, as well as cyclooxygenases and lipoxygenases.\* It also helps maintain intestinal integrity by supporting normal tight junction protein expression.\*<sup>8-10</sup> Curcumin supplementation may help support healthy muscle recovery following exercise, maintain post-exercise muscle comfort, and support normal muscle performance.\*<sup>11</sup> Theracurmin specifically has been shown to support healthy creatine kinase levels and normal muscle protein breakdown, supporting joint comfort following eccentric exercise.\*<sup>12,13</sup> L-glutamine and Theracurmin both support multiple mechanisms associated with normal muscle use, repair, and function.\*<sup>14</sup>



## Supplement Facts

Serving Size 1 Scoop (5.2 g)  
Servings Per Container Approx. 60

	Amount Per Serving	% Daily Value
Micronized L-Glutamine	5 g	**
Theracurmin® Curcumin† ( <i>Curcuma longa</i> ) (root)	30 mg	**

† A highly bioavailable form of curcumin – the most active curcuminoid in turmeric.  
\*\* Daily Value not established.

**Serving Size:** 5.2 g

**Servings Per Container:** 60

**Suggested Usage:** 1 scoop (5.2 g) per day or as directed by a health care professional. Mix product well in 8–16 fl oz of liquid (water, juice, etc.) immediately before consumption.

Note: The product is a brilliant yellow color due to the turmeric.

**Caution:** Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

**Drug Interactions:** Caution is advised when taking with anticoagulant medications.\* Curcumin should only be used under medical supervision by those receiving chemotherapy. Monitoring of anti-glycemic medication use is recommended.\*<sup>15</sup>

**Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

### References

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Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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by Bioclinic Naturals® U.S.  
14224 167<sup>th</sup> Ave. SE,  
Monroe WA, USA 98272  
bioclinicnaturals.com

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Head office Assured Natural Distribution Inc., 104 – 3686 Bonneville Place, Burnaby, BC, Canada V3N 4T6 | U.S. Distribution office 14224 167<sup>th</sup> Avenue SE, Monroe, WA, USA 98272  
Customer service 1-877-433-9860 • Fax 1-877-433-9862 • Email customersupport@bioclinicnaturals.com