

-Is glutamine a safe ingredient in supplements?

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Here's Dr. Axe's response to the opinions presented in Episodes 3 and 4:

"I think you might be mixing up the L-glutamine in supplement form with glutamate. Those are two different compounds. Also, I don't agree with everything some of these experts propose. Some of their recommendations are based off of theories or single studies. Notice that Dr. Blaylock made a statement without quoting a medical study on an exact amount of either the amino acids L-glutamine or glutamate. I've seen great results with patients helping a "leaky gut" using glutamine.† I've used it myself, and my own mom has taken it. Also, glutamine is even found in healthy foods such as bone broth. I hope this clears things up." - Dr. Axe

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
