

THE COACH'S PLAN

The Glutamine Dose Plan

For anyone who bought glutamine for gut comfort or training recovery and wants to know whether the bottle in the cupboard can reach the amount the research actually used.

5 g

The common studied serving

Where most human glutamine research starts

30 g

The prescription daily dose

Mayo Clinic lists 5 g taken six times a day

10

Capsules to equal one serving

At 500 mg each, that is one 5 g scoop

Glutamine is not a weak supplement. It is a supplement that is usually bought in the wrong unit. The research is written in grams and the capsule aisle is priced in milligrams, and that single mismatch explains most of the disappointment.

What the evidence actually says

- 1 Cleveland Clinic describes glutamine as the most abundant amino acid in the body and one your body already makes.
- 2 Mayo Clinic lists the prescription oral dose as 30 g a day, given as 5 g six times a day, for up to 16 weeks.
- 3 The FDA approved L-glutamine oral powder in 2017 after a 230 patient trial, the first sickle cell approval in nearly 20 years.
- 4 A published tolerance study dosed healthy adults by body weight in grams and found the powder well tolerated.
- 5 Memorial Sloan Kettering notes supplements carry far more glutamine than food does, and advises checking with your clinician first.

Your 3-step plan

1 Step 1: Read the label in grams before you read the price

Turn the bottle over and find the amount per serving, then find how many capsules make that serving. If the serving is under one gram, no realistic number of capsules gets you to five. This one check settles most glutamine purchases before money changes hands.

2 Step 2: Anchor five grams to a meal you never skip

Glutamine is an amino acid, so it behaves like food rather than like a drug. Put the scoop in the same coffee, yogurt or shake every day. Consistency matters more here than clock timing, because the effects are gradual rather than acute.

3 Step 3: Give it a month, then judge it honestly

Digestive comfort and training recovery are the outcomes people report, and both move slowly. Pick one thing to watch, write down where you are starting, and check again after four weeks rather than after four days.

The safety line

This plan is education, not medical advice. Glutamine is generally well tolerated, but people with liver or kidney disease, people on cancer treatment, and anyone who is pregnant or breastfeeding should ask their own clinician before starting it. Prescription glutamine is a different product with a different purpose than a supplement scoop.

Read the full article: <https://www.agelesscoach.com/articles/most-glutamine-capsules-never-reach-a-studied-dose>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.