

# GlutaMent®

100% Pharmaceutical Grade  
L-Glutamine Powder



- For impaired Gastrointestinal functions caused by disease, radiation therapy, chemotherapy.

## FEATURES AND SPECIFICATIONS

Kcal/mL..... 0.33  
When mixed in 120 mL of water

**Caloric Distribution (% of kcal)**  
L-Glutamine ..... 100%

**HCPCS Code:** B4155

**Appropriate for these diets:**  
Lactose Free\*, Gluten Free, Low Residue, Carbohydrate Controlled, Clear Liquid, Low Fat

Can be used orally or through feeding tube.

**Contraindications:** People with kidney disease, liver disease or Reye's syndrome.

Since L-glutamine is unstable after being mixed with in a liquid, it is important to administer immediately after mixing to ensure full potency.

**Shelf Life:** 24 months

**Each serving contains:** 10 g L-Glutamine

**Typically used for:**  
Surgery, wounds, critical illness

Mucositis associated with chemo and radiation therapy  
Diarrhea  
Inflammatory bowel disease

Studies indicate 10 g of L-Glutamine TID taken two weeks before chemotherapy and continued during the course of therapy can reduce the incidence of chemo induced peripheral neuropathy.

Glutamine is contraindicated in liver disease and should not be given to patients in shock or who have multi-organ failure

Mixes easily in water or juice. Add to applesauce, pudding or yogurt.

Discard any GlutaMent not immediately consumed.

Not a sole source of nutrition.  
**NOT FOR PARENTERAL USE**

\*Not for individuals with galactosemia.

### Ordering information:

Item Number	Case UPC	Billing Code	Packaging
14230 Neutral	5-07-94688-14230-9	94688-0142-30	50/10.3 g packets

## FOR THE DIETARY MANAGEMENT OF IMPAIRED GI FUNCTION

GlutaMent® is specifically formulated to provide the nutrients for the dietary management of conditions associated with impaired gastrointestinal function or impaired immune function.<sup>15,16,17,18,19</sup>

Digestion and normal metabolic function of the intestines depend upon adequate amounts of glutamine.

Glutamine deficiency develops during periods of fasting, starvation, strict dieting, and weight loss associated with AIDS, critical illness and cancer. Deficiencies cause loss of gut integrity, impaired immune function, poor wound healing and slow recovery from illness. Glutamine deficiency can result in diarrhea, villous atrophy, mucosal ulceration, increased intestinal permeability and intestinal necrosis.

### Dosing and Administration

**Oral:** Mix 1 packet with 120-180 mL water, juice, or other liquid up to three times daily. Consume immediately. Mixing with hot beverages may reduce potency of glutamine.

**Tube Feeding:** Mix 1 packet with 30 mL water. Mix well. Administer slowly via syringe. Flush with 30 mL water before and after administration.

**Do not mix with tube feeding formula.**

The daily dose of GlutaMent is determined based on the individual needs as assessed by the dietitian or qualified healthcare provider. However, in general, one to three packets per day or up to 0.50 g of glutamine per kg of bodyweight is suggested.

**Ingredients:** L-Glutamine, Hydroxypropyl Cellulose.

## Nutrition Facts

1 serving per container  
**Serving Size:** 1 Packet (10.3 g)

**Amount Per Serving**  
**Calories** 40

% Daily Values\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Potassium** 1mg 0%

**Phosphorus** 0mg 0%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars

**Protein** 0g

L-Glutamine 10g †

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

† Daily Value (DV) not established