

The Role Of L-Glutamine In Building Muscle

L-glutamine remains the supplement of choice for many bodybuilders. It is a free form amino acid that can be found naturally in beans, meat, fish, poultry and dairy products. It is also an important component of protein powders and is one of the twenty non-essential amino acids found in the body. It is widespread throughout the body and plays an important role in protein metabolism. From a bodybuilder's perspective, glutamine's strength is its ability to reduce the amount of muscle deterioration that occurs as a result of intense physical workouts. Failure to replace the high levels of glutamine consumed during intense exercise could result in greater susceptibility to illness due to a weakening of the immune system. In addition, glutamine stolen from the muscles to maintain the immune system must be replaced to keep those muscles building. Bodybuilders can benefit from taking 10 grams of l-glutamine each day, preferably taken post-workout to enhance its recuperative effects. As a nutrient that occurs naturally in the body glutamine is safe to take although ingesting excessive amounts could cause an upset stomach. You can find out more about l-glutamine and other useful bodybuilding supplements by visiting the site listed below.

About the Author

Explosive muscle growth and muscle mass builder for teen body building and adults! A must see body building program and Discussion.

Source: <http://www.productsherbal.com>