



NYUCancerInstitute

P A T I E N T I N F O R M A T I O N

The side effects listed below are those that occur most frequently. Other side effects may occur; please contact your doctor or oncology nurse to report any medical problems.

Dose _____

GLUTAMINE (Cambridge Nutraceuticals 1-800-265-2202)

Background

Glutamine is the most abundant amino acid in the blood and tissues. It is primarily formed and stored in skeletal muscles and lungs. Studies indicate that tumors may consume glutamine, resulting in depletion of glutamine. Glutamine may lessen neuropathy associated with some chemotherapies.

Neuropathy

Neuropathy is a common side effect of some chemotherapy treatments. It includes one or more of the following: pins and needles, cold and burning, prickling or pinching in hands and/or feet.

Dosing

Glutamine 10 GMs - 3x a day

Beginning 24 hours after chemotherapy - 4x days

Glutamine may be difficult to find in these doses. You may consider ordering directly from the manufacturer at the number above. If ordering, ask for "rapid release glutamine crystals, single dose packets", or "100% pure glutamine powder".

It is also recommended that you supplement your diet with folic acid (folate) 1 mg daily, and vitamin B-6 (pyridoxine) 100mg daily. If you have any concerns or questions regarding glutamine, please contact your nurse.