



MEDICAL AND RESEARCH ADVISORY COMMITTEE (MARAC)

MARAC Advisory: L-glutamine is an Effective Therapy for Sickle Cell Disease

Feb. 3, 2026 – The Sickle Cell Disease Association of America, Inc. (SCDAA) Medical and Research Advisory Committee (MARAC) has identified L-glutamine as an effective therapy for sickle cell disease (SCD). MARAC recommends that those living with sickle cell disease discuss L-glutamine as a potential treatment with their providers.

In July 2017, Endari™, an oral powder form of L-glutamine, was approved by the FDA to reduce the acute complications of sickle cell disease in adult and pediatric patients aged five years and older. As a therapy, and at the correct dosage, L-glutamine has been shown to have a positive impact on sickle cell warriors and offer many health benefits. After the patent for Endari™ expired in 2024, the FDA approved generic forms of L-glutamine for the treatment of SCD. L-glutamine was also made available as a supplement for purchase as an over-the-counter product.

Although it is now readily available at health and nutrition stores and other retail locations, it is important to note that not all L-glutamine supplements are formulated to treat the complications of sickle cell disease. While MARAC and SCDAA agree that Endari™ and the generic forms of L-glutamine specifically formulated to treat sickle cell disease are a very effective therapy for sickle cell disease, warriors should not start a new therapy without guidance from a health care provider. We encourage individuals with sickle cell disease to discuss the use of L-glutamine with their sickle cell health care expert.

Additionally, those living with sickle cell disease who choose to take L-glutamine for treatment of SCD are recommended to continue to see their sickle cell health care provider at least once a year.