

GLUTAMIC

Meaning: Glutamic refers to a type of amino acid, specifically glutamic acid, that is important in biological processes and is often used to enhance flavor, particularly the umami taste in food.

1. Glutamic acid plays a crucial role in cellular metabolism and neurotransmission.
2. Many chefs choose to use glutamic seasonings to enhance the umami flavor in their dishes.
3. Research has shown that glutamic neurotransmitters are essential for learning and memory.
4. Certain food products are enriched with glutamic compounds to improve their taste profile.
5. Athletes often supplement their diets with glutamic to aid in recovery and muscle repair.

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