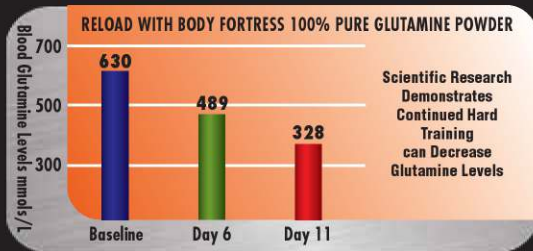


BODY FORTRESS® 100% PURE GLUTAMINE POWDER

Heavy training can take a toll on your muscles, and when you're training hard every day your body levels of Glutamine may be decreased. Hardcore lifters and athletes know that Glutamine is a conditionally essential amino acid during times of metabolic stress and that supplemental Glutamine helps maximize recovery.* Glutamine is used as a cellular fuel, supports protein metabolism, and may help replenish muscle glycogen stores when combined with carbohydrates.* Glutamine also promotes bicarbonate production, which can be important for buffering lactic acid produced during intense training.*



Keast, D. The Medical Jnl of Australia. 1995.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

BODY FORTRESS®

YOUR BODY - YOUR FORTRESS.®

For more information on other Body Fortress® products or for complete training and nutrition programs, visit www.bodyfortress.com.

BODY FORTRESS®

RAPID RECOVERY® SERIES

100% PURE GLUTAMINE ULTIMATE RECOVERY FUEL* POWDER

- > ASSISTS RECOVERY FROM WORKOUTS*
- > HELPS SUPPORT IMMUNE SYSTEM*
- > 4,500 mg PER SERVING

DIETARY SUPPLEMENT

NET WT. 10.6 oz. (300 g)

Supplement Facts

Serving Size 1 Teaspoon (4.5 g)
Servings Per Container about 66

Amount Per Serving	%Daily Value
Calories	15
L-Glutamine	4.5 g (4,500 mg) **

**Daily Value not established.

DIRECTIONS: For adults, mix one (1) teaspoon (4.5 g) into 4-8 ounces of water or your favorite beverage and take one hour before your workout. Consume a second serving immediately after your workout to speed recovery. As a reminder, discuss the supplements and medications you take with your health care providers.

FREE OF: yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Contents are sold by weight. Some settling may occur.

KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.



Carefully Manufactured by
Healthwatchers (DE), Inc.
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