

BONUS PACK
**25%
MORE FREE**

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HYPER GLUTAPLASMA™ METHOD*

GLUTA-TREN™ is packed with 8 grams of Glutamine per serving. Glutamine is an amino acid known to preserve and accelerate recovery of lean muscle tissue.*



BEST INTAKE OPTIONS

• Pre-Workout • Intra-Workout • Post-Workout • Nighttime

Key Ingredients

- Helps Improve Eccentric Contraction in the Presence of Lactic Acid*
- Helps Improve Endurance and Oxygen Uptake*
- Helps Delay Muscular Fatigue During Intense Training*
- Helps Increase L-Glutamine Plasma Concentration During Critical Exercise Phase*
- Helps Increase Muscular Strength*
- Helps Improve Cellular Hydration

Ingredients found in **GLUTA-TREN™** may be effective at enhancing training performance,* replenishing glycogen concentrations,* extending intramuscular L-Glutamine concentrations during periods of high stress,* increasing intramuscular Carnosine levels,* mitigating damage to muscle and accelerating rate and degree of recovery following training.*

*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.



REV7/001

GLUTA-TREN™

RR SYSTEM RAPID RECOVERY SYSTEM™

ORANGE CRÈME

NATURALLY & ARTIFICIALLY FLAVORED



GLUTAX8™
GLUTAMINE
8 GRAMS

**Added Fuel
Source for Training
Muscles***

GLUTA-TREN™ CAN BE STACKED WITH CON-CRÊT

POWDERED DIETARY SUPPLEMENT

NET WT 14.50 OZ (411 g)

Supplement Facts

Serving Size 1 Scoop (16.45 g)
Servings Per Container 25

Amount Per Serving	% Daily Value*
Calories	0 †
Niacin	25 mg 125%
Vitamin B6 (as Pyridoxine Hydrochloride)	8 mg 400%
Proprietary Blend	14,750 mg †
L-Glutamine, L-Taurine, Beta-Alanine (Carnosyn®), L-Tyrosine, L-Leucine, Creatinol-O-Phosphate, L-Isoleucine, L-Valine	

**Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not Established

Other Ingredients: Citric Acid, Maltodextrin, Sucralose, Natural Orange Flavors, Natural Vanilla Flavors, Yellow #6.

Manufactured for ProMera Sports
61 Accord Park Drive • Norwell, MA 02061

Manufactured in the U.S.A. from international & domestic ingredients.
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OsUGAR™
FREE

COP
Creatinol-O-Phosphate

RECOMMENDED ADULT USE: When using GLUTA-TREN™ as a Pre/Intra/Post workout "supplement" mix one serving (one scoop) with 8 to 12 ounces of water and shake vigorously. Begin sipping approximately 15 minutes prior to training and continue use through the first 15 minutes of your training session. GLUTA-TREN™ is effective when taking 1 serving; however taking up to 2 servings may be of particular value in establishing your tolerance (Torque Zone). Never take more than 2 servings during a single use or in a 24 hour period. On off days take one serving (one scoop) to promote and maintain muscle saturation of GLUTA-TREN™ ingredients.

WARNING: Consult a physician or healthcare provider before using this or any dietary supplement or starting any exercise program. Do not exceed recommended dose. You may experience a tingling sensation on your skin surface, hands, arms and face. This is a normal reaction of Beta-Alanine and will eventually subside as you increase tolerance. As with any dietary supplement maintain adequate hydration during and after exercise. **KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF PREGNANT OR NURSING.**

NOTE: Stir contents before each use as contents may settle during shipment. Moisture and humidity can cause clumping and discoloration. STORE GLUTA-TREN™ IN A COOL, DRY PLACE.

CarnoSyn
Carnosine Synthesizer

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