

**PRE & POST
WORKOUT**

FOR BEST RESULTS, TAKE TWO (2) CAPSULES TWO
TIMES DAILY BEFORE AND AFTER YOUR WORKOUT.

MET-Rx® L-GLUTAMINE 1000 MG

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- GLUTAMINE IS A CRUCIAL COMPONENT OF MUSCLE CELLS.*
- INTENSE EXERCISE PROMOTES GLUTAMINE FORMATION AND RELEASE FROM MUSCLE.*
- SUPPORTS RECOVERY FROM WORKOUTS.*

Directions: For adults, take two (2) capsules two times daily, preferably before and after your workout. As a reminder, discuss the supplements and medications you take with your health care providers.

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. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

*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.

MET-Rx®

L-GLUTAMINE 1000

» **SUPPORTS RECOVERY FROM
WORKOUTS***

100 CAPSULES

DIETARY SUPPLEMENT

**EXERCISE
RECOVERY***

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 50

Amount Per Serving	%Daily Value
L-Glutamine	2,000 mg (2 g) **

**Daily Value not established.

Other Ingredients: Gelatin, Silica, Vegetable Magnesium Stearate.

MET-Rx®
Shaping Every Body.™

Manufactured in the USA by
MET-Rx Nutrition, Inc.
Boca Raton, FL 33487

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Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to
www.MET-Rx.com

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