

L-Glutamine is the most abundant amino acid in the body (including the brain, muscle and blood). The concentration of free glutamine appears to influence whether muscles will be broken down (catabolism - low glutamine content) or built up (anabolism - high glutamine content).** Glutamine acts as a "nitrogen shuttle" by picking up and dropping off nitrogen around the body. Nitrogen is an essential component of DNA and vital for building muscle.** Glutamine is a prominent contributor to the functional integrity of the intestines and serves as an energy source for these highly active cells.** Overall, **L-Glutamine** supports muscle growth and recovery, immune and intestinal health, and preserves muscles after intense training and during times of stress or sickness.**

- Supports intestinal & immune health**
- Essential for protein synthesis**
- Optimizes recovery**
- Anti-catabolic

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

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Formulated by & Manufactured for: MRM
2665 Vista Pacific Dr. • Oceanside, CA 92056 USA
www.mrm-usa.com • 1-800-948-6296



Supports Intestinal
& Immune Health**

HPLC Tested for Purity
100% Micronized

NET WT 1.1 lbs (500 g)
DIETARY SUPPLEMENT

Essential for
Protein Synthesis**



FERMENTED

L-GLUTAMINE 500

Suggested Usage: Take 2-4 scoops up to 3 times daily or as directed by your healthcare provider. For athletes and those working out more than 3 times weekly, maximum results will be obtained by taking an additional 2-4 scoops prior to and immediately following an intense training session.

Supplement Facts

Serving Size 1 scoop (1 gram)
Servings Per Container 500

	Amount Per Serving	% Daily Value*
L-Glutamine (Fermented)	1,000mg	†

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

Other Ingredients: None.

Contains **NO** added milk, egg, soy, peanut, tree nut, fish, shellfish, wheat, gluten or yeast ingredients.

This product is manufactured in a facility that processes other products that can contain milk or egg.